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November 2016

A MIRACLE STORY

From Chiswick author Diane Chandler

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NOVEMBER 2016

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Letter from the EDITOR

ELEANOR TRAVERS (HAIR) AND ERIN FULLER (MAKE UP), GINA CONWAY PRIVÉ; GINACONWAYPRIVE.COM. PHOTO BY TOM DUNKLEY

This is a tough letter to write without coming across all preachy or, even worse, condescending. I am married, but don't have children. In fact, it's one of our bugbears when we see friends of friends who almost always, without fail, ask when we will be having a child. At the moment, we have to say, we are quite happy with just our fat cat Tigger (who, to be fair, acts like a human anyway).

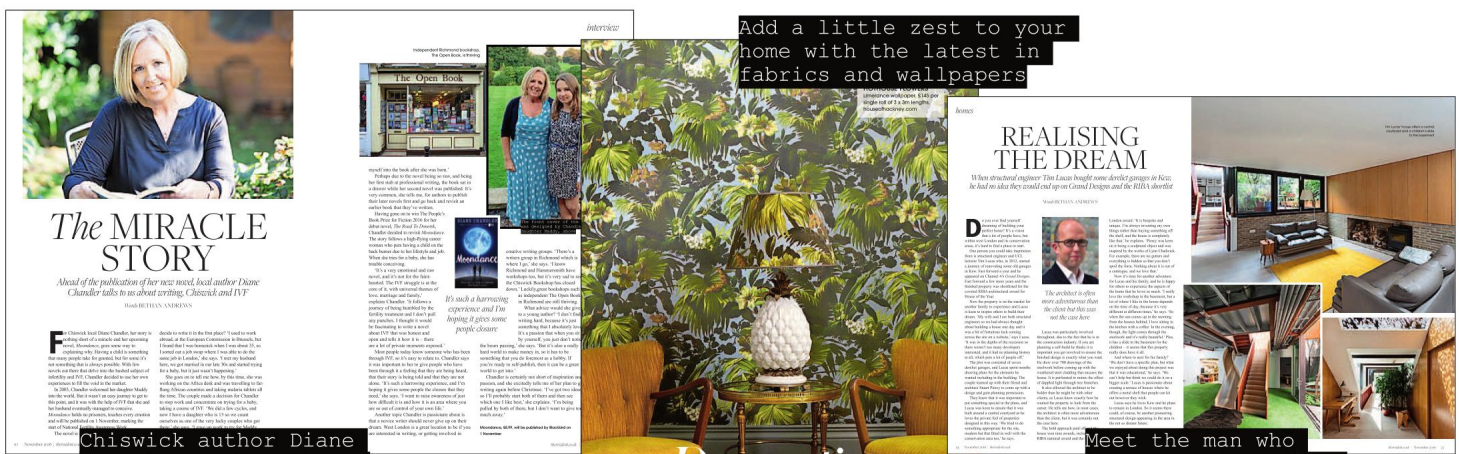
We do, however, know couples who are eager to grow their family, but for whatever reason are struggling to do so. IVF treatment is something I don't know much about – one friend of the family did undergo just that and is now a proud parent of a wonderful daughter. But I can't lay claim to knowing what a gruelling process it can be, which was why the new book from Chiswick author Diane Chandler really piqued the interest. *Moondance* is not an easy read, a fictional account based on Chandler's experiences and one that is an eye opener about what choosing IVF really does entail. I am glad that Chandler's own personal story had a happy ending, and her new book is sure to have an impact.

It won't ever come close to struggling to have a family, but also inside this issue we meet two locals who have gone the extra mile to create their own versions of a dream home. First up is Tim Lucas, who explains how derelict garages in Kew were all he needed to rustle up a home that caught the attention of TV's *Grand Designs*, not to mention making the RIBA architectural shortlist for House of the Year. I'd wager that Sue Chambers' home in Richmond wouldn't be far off impressing those judges. Buying a dilapidated property consisting of four flats, she saw the potential – and had the extraordinary patience – to oversee the creation of a wonderful family home.

As winter really does return with a vengeance, there is one place I really love at this time of the year: the perfect kitchen to cook my comfort food. Luckily Kara O'Reilly has rounded up the best on the market right now, whilst also livening interiors up with the latest in wallpapers and fabrics.

I hope you enjoy the issue.

Mark Kebble, Group Editor



Chiswick author Diane Chandler on tackling a difficult subject

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Meet the man who transformed rundown garages into a much lauded home

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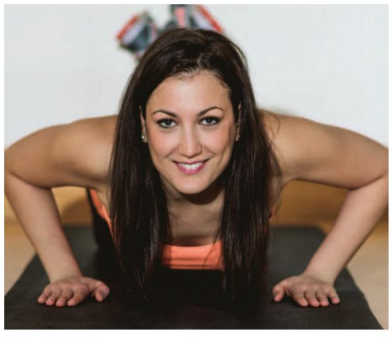

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RECOMMENDS

Five of the best firework and bonfire events in west London

1 IN THE PARK

Ravenscourt Park's annual firework and bonfire display is back once again to commemorate the classic British celebratory festival. An array of food and drink stands will be on hand to cater to everyone's tastes, while crowds quickly gather for the traditional bonfire lighting and two fireworks shows. Exact time and date to be confirmed so do check online first.
Paddenwick Road W6 0UA; visitlondon.com

2 FROM THE GROUND

A really fantastic place to go and watch the fireworks fill the sky with family and friends is Richmond Athletic Ground on 6 November. It promises another sell out event this year to delight people of all ages. This is because as well as the fireworks show, they also have live acts, competitions and a funfair for the kids' amusement.
Twickenham Road, Richmond TW9 2SF; the-raa.co.uk

3 ON THE GREEN

Wrap up warm and head over to Ealing Cricket Club for their annual display on the 5th. Their mouth-watering barbeque and mulled wine will keep you fed and watered and this year it is American style, making this one not to miss. The gates open at 6pm but it's a ticketed event, so do remember to book online first.
Corfton Road W5 2HS; ealingcc.co.uk

4 IN THE CLUB

With a beautiful array of 12 acres of land surrounding The Brentham Club in Ealing, you are sure to find a good spot to watch the fireworks. Doors open at 6pm on 5 November with plenty of children's activities and entertainment until the fireworks begin at 7.30pm. What's even better, this event is free to attend!
38a Meadvale Road W5 1NP; brenthamclub.co.uk

5 AT THE CHURCH

This free event at St. Barnabas Church is a much smaller affair, but is perfect for the little ones who are celebrating Guy Fawkes Night for the first time. Watch the burning of the bonfire on the 5th while trying to write your name out with sparklers before they burn out. This is a quieter, family-friendly event.
St Barnabas Church, Pitshanger Lane W5 1QG

The MIRACLE STORY

Ahead of the publication of her new novel, local author Diane Chandler talks to us about writing, Chiswick and IVF

Words BETHAN ANDREWS

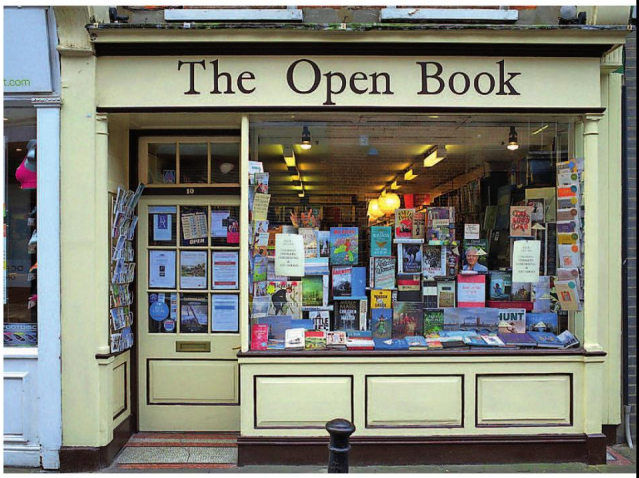
For Chiswick local Diane Chandler, her story is nothing short of a miracle and her upcoming novel, *Moondance*, goes some way to explaining why. Having a child is something that many people take for granted, but for some it's not something that is always possible. With few novels out there that delve into the hushed subject of infertility and IVF, Chandler decided to use her own experiences to fill the void in the market.

In 2003, Chandler welcomed her daughter Maddy into the world. But it wasn't an easy journey to get to this point, and it was with the help of IVF that she and her husband eventually managed to conceive. *Moondance* holds no prisoners, touches every emotion and will be published on 1 November, marking the start of National Fertility Awareness Week.

The novel is not Chandler's first, so why did she decide to write it in the first place? 'I used to work abroad, at the European Commission in Brussels, but I found that I was homesick when I was about 35, so I sorted out a job swap where I was able to do the same job in London,' she says. 'I met my husband here, we got married in our late 30s and started trying for a baby, but it just wasn't happening.'

She goes on to tell me how, by this time, she was working on the Africa desk and was travelling to far-flung African countries and taking malaria tablets all the time. The couple made a decision for Chandler to stop work and concentrate on trying for a baby, taking a course of IVF. 'We did a few cycles, and now I have a daughter who is 13 so we count ourselves as one of the very lucky couples who got there,' she says. 'I gave up work to try for Maddy, but I'd always had a passion for writing so I threw

Independent Richmond bookshop, The Open Book, is thriving

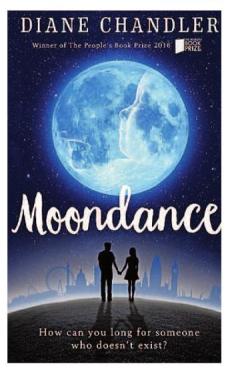


The front cover of the novel was designed by Chandler's daughter Maddy, above

myself into the book after she was born.'

Perhaps due to the novel being so raw, and being her first stab at professional writing, the book sat in a drawer while her second novel was published. It's very common, she tells me, for authors to publish their later novels first and go back and revisit an earlier book that they've written.

Having gone on to win The People's Book Prize for Fiction 2016 for her debut novel, *The Road To Donetsk*, Chandler decided to revisit *Moondance*. The story follows a high-flying career woman who puts having a child on the back burner due to her lifestyle and job. When she tries for a baby, she has trouble conceiving.



'It's a very emotional and raw novel, and it's not for the faint-hearted. The IVF struggle is at the core of it, with universal themes of love, marriage and family,' explains Chandler. 'It follows a journey of being humbled by the fertility treatment and I don't pull any punches. I thought it would be fascinating to write a novel about IVF that was honest and open and tells it how it is – there are a lot of private moments exposed.'

It's such a harrowing experience and I'm hoping it gives some people closure

Most people today know someone who has been through IVF, so it's easy to relate to. Chandler says it was important to her to give people who have been through it a feeling that they are being heard, that their story is being told and that they are not alone. 'It's such a harrowing experience, and I'm hoping it gives some people the closure that they need,' she says. 'I want to raise awareness of just how difficult it is and how it is an area where you are so out of control of your own life.'

Another topic Chandler is passionate about is that a novice writer should never give up on their dream. West London is a great location to be if you are interested in writing, or getting involved in creative writing groups. 'There's a writers group in Richmond which is where I go,' she says. 'I know Richmond and Hammersmith have workshops too, but it's very sad to see the Chiswick Bookshop has closed down.' Luckily,great bookshops such as independent The Open Book in Richmond are still thriving.

What advice would she give to a young author? 'I don't find writing hard, because it's just something that I absolutely love. It's a passion that when you sit by yourself, you just don't notice the hours passing,' she says. 'But it's also a really hard world to make money in, so it has to be something that you do foremost as a hobby. If you're ready to self-publish, then it can be a great world to get into.'

Chandler is certainly not short of inspiration and passion, and she excitedly tells me of her plan to get writing again before Christmas. 'I've got two ideas, so I'll probably start both of them and then see which one I like best,' she explains. 'I'm being pulled by both of them, but I don't want to give too much away.'

Moondance, £8.99, will be published by Blackbird on 1 November

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This exhibition is to be the first major one of its kind in London, so it's perhaps no surprise that Richmond Hill Gallery are so proud to be presenting it. The ebullient Zheni Warner, daughter of well known Bulgarian artist Violeta Maslarova, presents a fusion of classical paintwork combined with neon, illuminated wire and light boxes. *The Light of the World* opens 11 November and will run until 1 January, with an aim to show people how it is possible to marry modern technology with the skills and sensibilities of the renaissance masters.

26 Richmond Hill TW10 6QX; 020 8940 5152; therichmondhillgallery.com

GRAND DESIGNS

A coffee cup for astronauts, the David Bowie Blackstar album cover and a sexual health testing kit... Opening 24 November, Beazley Designs of the Year will form part of the opening programme of exhibitions at the Design Museum's new home on Kensington High Street. Comprising over 70 nominations, the exhibition celebrates the best designs from around the world.
020 3862 5900;
designmuseum.org

Harbin Opera Grand Theater Lobby, China

Raise the dead

Wahaca will once again be behind a three-day agave-fuelled fiesta in celebration of Mexico's favourite festival, Day of the Dead. From 3-5 November, The Vaults in Waterloo will be transformed into a den of Mexican festivities with three nights of live music and art, hedonistic performance, street food and tequila, showcasing the best of Modern Mexican culture.

Leake Street SE1 7NN; wahacaDOTD.co.uk

Night of debauchery

Dominic Cooper stars in Stephen Jeffreys' sexually charged masterpiece *The Libertine*, being staged at the Theatre Royal Haymarket until 3 December. John Wilmot, the second Earl of Rochester, is a charismatic poet, playwright and rake with a legendary appetite for excess. Yet this most ardent of hedonists is forced to reconsider everything he thinks and feels when a chance encounter with an actress sends him reeling.

Haymarket SW1Y 4HT; 020 7930 8800; trh.co.uk

JOHAN PERSSON; PATRICK DEMARCHELIER

HAIR RAISER

Opening on 2 November, Somerset House is proud to present Hair by Sam McKnight, a major exhibition celebrating the master hair stylist's remarkable 40-year career. An integral part of the fashion industry, McKnight has been instrumental in helping to develop the images of Kate Moss, Linda Evangelista, Christy Turlington, Naomi Campbell, Princess Diana and many more.
Embankment Galleries, Somerset House WC2R 1LA; somersethouse.org.uk

Portrait of a master
Pablo Picasso's portraits epitomise the astonishing variety and innovation of his art. This major exhibition of over 80 works focuses on the artist's portrayal of family, friends and lovers, and reveals his creative processes as he moved freely between drawing from life, humorous caricature and expressive painting from memory.
Exhibition runs until 5 February, 2017.
St Martin's Place WC2H 0HE;
020 7306 0055; npg.org.uk

JUMP TO IT

The childhood adventures in the English countryside were very influential in Tim Cotterill's development as an artist. This was the beginning of a life-long fascination with the humble frog. Until early November you have the chance to see his work at Chiswick's Capulet Gallery.
231a Chiswick High Road W4 4PU; capuletgallery.com

CONTINENTAL SHIFT

Themes & Variations presents *Seeking Africa: Design/Art Across a Continent,* the first exhibition in the UK to focus on the rich variety of contemporary design from Africa. The rise of individual visions, evolving into a stronger communal voice, is explored in the exhibition that opens on 16 November and runs until 16 December.
231 Westbourne Grove W11 2SE; 020 7727 5531; themesandvariations.com

DON'T WORRY, BE HAPPY

Richmond Upon Thames has been named as London's happiest place to live – we find out why

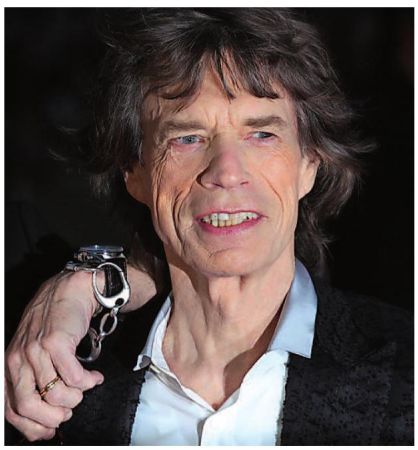
Words VICKY SMITH

Locals enjoy the riverside and park throughout the year, while stars like Mick Jagger wouldn't live anywhere else

A green where cricketers gather throughout summer for matches observed by picnicking locals; 2,500 acres of grassy open space where deer roam free; horse riders meandering; a river with row boats bobbing… It's an idyllic vision and one usually reserved for quiet country enclaves, not a capital city.

But if you live in Richmond, you know that these things are not uncommon, and are part of everyday life. It's not surprising, then, that Richmond was recently named as London's happiest place to live, based on results from a survey conducted by Rightmove.

The area has been popular – and associated with a high-quality level of living – since it was founded in the 16th century when Henry VII built Richmond Palace. Elizabeth I is said to have been particularly fond of the borough, and the trend for high profile residents and fans hasn't dwindled in the slightest, with a roll-call of royalty of a slightly different kind – from Sir David Attenborough to Mick Jagger – among those who have called Richmond home in more recent years.



Richmond has the appeal of a rural community coupled with urban sophistication

The borough's covetable 'country in the city' credentials are no small reason as to why it's such a glorious place in which to live, says local resident and co-owner of Cantell and Co estate agency Anissa Cantell. 'I have lived in Richmond with my husband David for over ten years,' she says. 'We moved here because the area has all of the appeal of a rural community coupled with the sophistication of an urban environment – I feel so fortunate.'

Indeed, a third of the borough is made up of green, open space, which is five ›

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The Bingham commands an elevated position above the Thames, left, The Richmond Theatre, right and above, Pembroke Lodge in Richmond Park

times more than any other borough in London. It's no wonder that there are several flourishing local sports teams in the area, not to mention golf clubs and various pursuits – such as sailing and even swimming down towards Teddington – available on the river.

Those in pursuit of leisure activities of a slightly more relaxed nature often find themselves flocking to Richmond's riverside bars and restaurants. The Bingham is a particularly alluring destination, with an elegant dining room looking out over the Thames, while the perennially-popular White Cross pub and Slug and Lettuce on the towpath are a popular choice for those seeking some liquid refreshment.

Surrounding the Green, quaint pubs flank the pretty open space, providing ample opportunity for al fresco drinks in the summer, and cosy fireside tipples as the nights draw in. They're also ideal spots for a pre-theatre pit-stop, if heading to one of the area's celebrated cultural hubs: Richmond Theatre, or the Orange Tree. Both play host to an eclectic line-up of performances, from serious dramas to pantomimes, and attract some quite famous faces.

Such is the appeal of the town for residents, there is no need to venture anywhere else

It's not all quaint, small-town, laid-back living in the area though: internet companies such as eBay, Gumtree and PayPal have all set up offices in the town centre, bringing a new edge to Richmond. While it's hardly Silicon Valley, the arrival of international technological companies has brought a new dimension to the area, but thanks to the eclectic array of housing in town, the big-name companies – and the employees that come with them – exist in harmony with Richmond's slow pace of life. 'I think there is something for everyone here, from studios to large family houses, and with the influx we are seeing from central London from young professionals, apartments and the smaller houses are becoming increasingly popular,' comments Cantell.

Such is the appeal of the town for some residents, there is just no need to venture anywhere else. 'As a pensioner I don't always relish journeying up to the West End for my entertainment, so I am eternally grateful to have everything I could possibly need right on my doorstep,' says Colin Smith, a long-time local and fan of Richmond's wide array of amenities. 'When I am feeling energetic there are wonderful scenic walks along the river, in Richmond Park, and the unique attraction that is Kew Gardens. Never a dull moment!'

In terms of community spirit, Richmond has it in abundance – and is possibly even its biggest draw. 'I feel a genuine sense of belonging living and working here,' continues Cantell. 'The beauty of my work is that I get to introduce the place I love to so many other people. I don't think I will ever lose the sense of fulfilment I have showing buyers and renters around Richmond and seeing their reactions to such a stunning area.' Quite clearly, as the recent survey results confirm, she's definitely not alone in that.

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{WHAT TO BUY AND HOW TO STYLE IT}

HOUSE OF HACKNEY

THE PERFECT BLEND

From tropical to moody hues, add zest to the home with the latest wallpapers

Much has been made of the 'feature wall' in homes, where the innovative DIYer uses just one side of a room to add a burst of colour or excitement through paint and wallpaper. There's plenty to enjoy, too, with the latest wallpaper and fabric collections, as Kara O'Reilly highlights on page 42, as well as overseeing a round-up of the best in kitchens on page 34. We also head into two stunning local homes with quite the USP.

REALISING THE DREAM

When structural engineer Tim Lucas bought some derelict garages in Kew, he had no idea they would end up on Grand Designs and the RIBA shortlist

Words BETHAN ANDREWS

Do you ever find yourself dreaming of building your perfect home? It's a vision that a lot of people have, but within west London and its conservation areas, it's hard to find a place to start.

One person you could take inspiration from is structural engineer and UCL lecturer Tim Lucas who, in 2012, started a journey of renovating some old garages in Kew. Fast forward a year and he appeared on Channel 4's *Grand Designs*. Fast forward a few more years and the finished property was shortlisted for the coveted RIBA architectural award for House of the Year.

Now the property is on the market for another family to experience and Lucas is keen to inspire others to build their dream. 'My wife and I are both structural engineers so we had always thought about building a house one day and it was a bit of fortuitous luck coming across the site on a website,' says Lucas. 'It was in the depths of the recession so there weren't too many developers interested, and it had no planning history at all, which puts a lot of people off.'

The plot was consisted of seven derelict garages, and Lucas spent months drawing plans for the elements he wanted including in the building. The couple teamed up with their friend and architect Stuart Piercy to come up with a design and gain planning permission.

They knew that it was important to put something special in the plans, and Lucas was keen to ensure that it was built around a central courtyard as he loves the private feel of properties designed in this way. 'We tried to do something appropriate for the site, modern but that fitted in well with the conservation area too,' he says.

The architect is often more adventurous than the client but this was not the case here

Lucas was particularly involved throughout, due to the fact that he is in the construction industry. If you are planning a self-build he thinks it is important you get involved to ensure the finished design is exactly what you want. He drew over 700 drawings of the steelwork before coming up with the weathered steel cladding that encases the house. It is perforated to mimic the effect of dappled light through tree branches.

It also allowed the architect to be bolder than he might be with other clients, as Lucas knew exactly how he wanted the property to look from the outset. He tells me how, in most cases, the architect is often more adventurous than the client, but it was certainly not the case here.

The bold approach paid off and the house won nine awards, including the RIBA national award and the RIBA London award. 'It is bespoke and unique. I'm always inventing my own things rather than buying something off the shelf, and the house is completely like that,' he explains. 'Piercy was keen on it being a sculptural object and was inspired by the works of Lynn Chadwick. For example, there are no gutters and everything is hidden so that you don't spoil the form. Nothing about it is out of a catalogue, and we love that.'

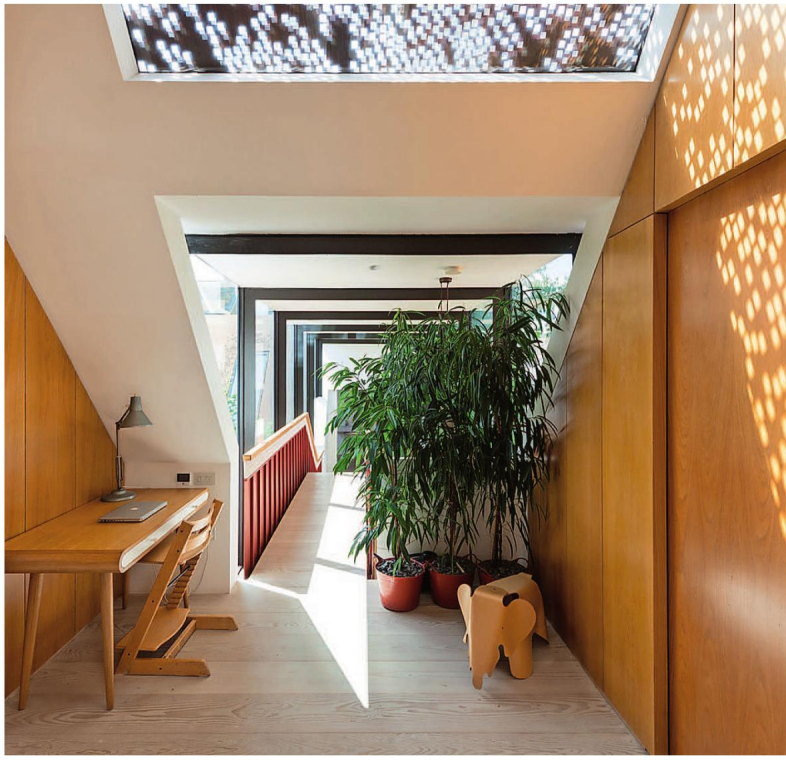
Now it's time for another adventure for Lucas and his family, and he is happy for others to experience the aspects of the home that he loves so much. 'I really love the workshop in the basement, but a lot of where I like in the house depends on the time of day, because it's very different at different times,' he says. 'So when the sun comes up in the morning from the houses behind, I love sitting in the kitchen with a coffee. In the evening, though, the light comes through the steelwork and it's really beautiful.' Plus, it has a slide to the basement for the children – it seems that this property really does have it all.

And where to next for his family? 'We don't have a specific plan, but what we enjoyed about doing this project was that it was educational,' he says. 'We can't help but think we could do it on a bigger scale.' Lucas is passionate about creating a terrace of houses where he offers a metal shell that people can kit out however they wish.

Lucas says he loves Kew and he plans to remain in London. So it seems there could, of course, be another pioneering structural design appearing in the area in the not so distant future.

Kew House, TW9, is for sale at £3.8m. For more info, visit themodernhouse.com

Tim Lucas' house offers a central courtyard and a children's slide to the basement



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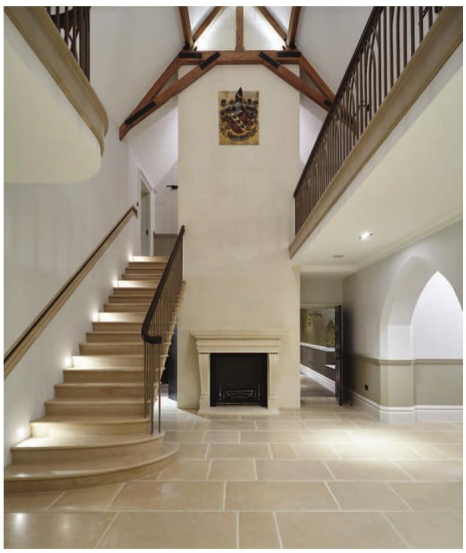

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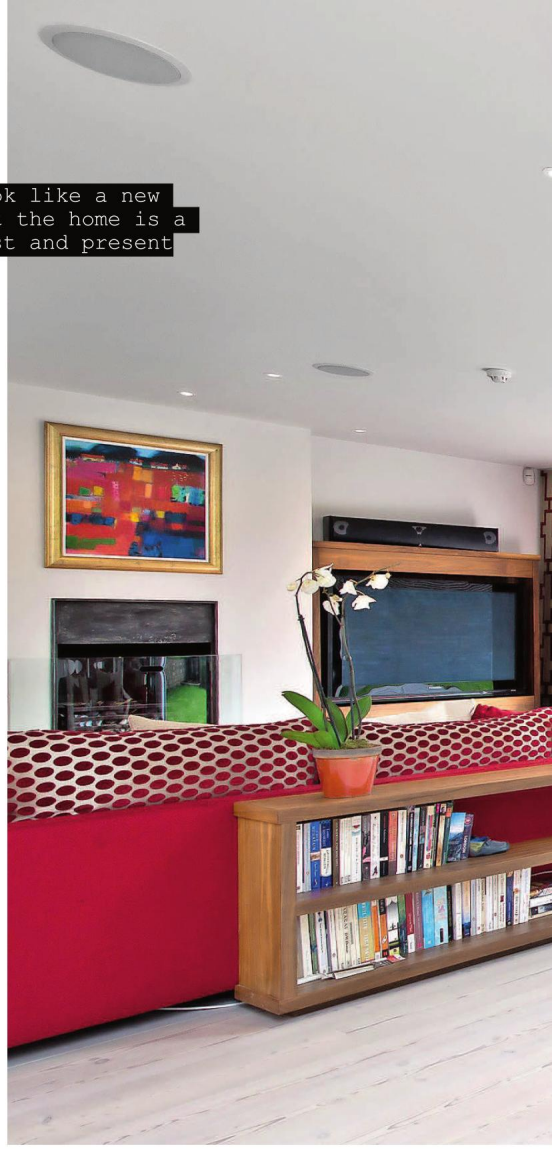
It may look like a new build, but the home is a mix of past and present



LIFE & SOUL

The owner of this 5,000sq ft Richmond home on the labour of love that went into transforming it

Words SUE CHAMBERS

When I first saw this property it was split into four flats, with the lower ground floor being uninhabitable, there was plaster peeling off, there was damp, no connection to the garden, and a resident rat in the top floor water tank!

Despite this, I could immediately envisage a beautiful family home, with scope for our ever-increasing cellar fuelled by my wine business. I could see the potential for wonderful lateral reception space, perfectly suited to the changing needs of our family's different stages with the provision of flexible space. Being on one of the best roads in Richmond, with no through traffic noise, helped too.

It took three years from first seeing the property to its eventual completion. There were two main challenges. One was the contiguous piled wall that no-one had planned for which blew the budget, but as it was for the wine cellar, our passion and my work, we just had to work harder. Then there was remotely supervising the completion of the project whilst hospitalised for six weeks with a burst appendix. I had ignored the symptoms because I was working so hard to finish the project!

I was keen to maximise the light and create a contemporary feel whilst still having empathy with the original Victorian features and scale of the property. My main indulgence was putting in a bespoke Bisca staircase. I was heavily involved in the vision and design and they built exactly what I had visualised – glass, stainless steel and warming American Black Walnut.

The two floors of family reception space was a dream that kept me going! Both floors are beautifully lateral, with a

I could immediately envisage a beautiful family home

The property is full of character, with bursts of colour provided by the soft furnishings

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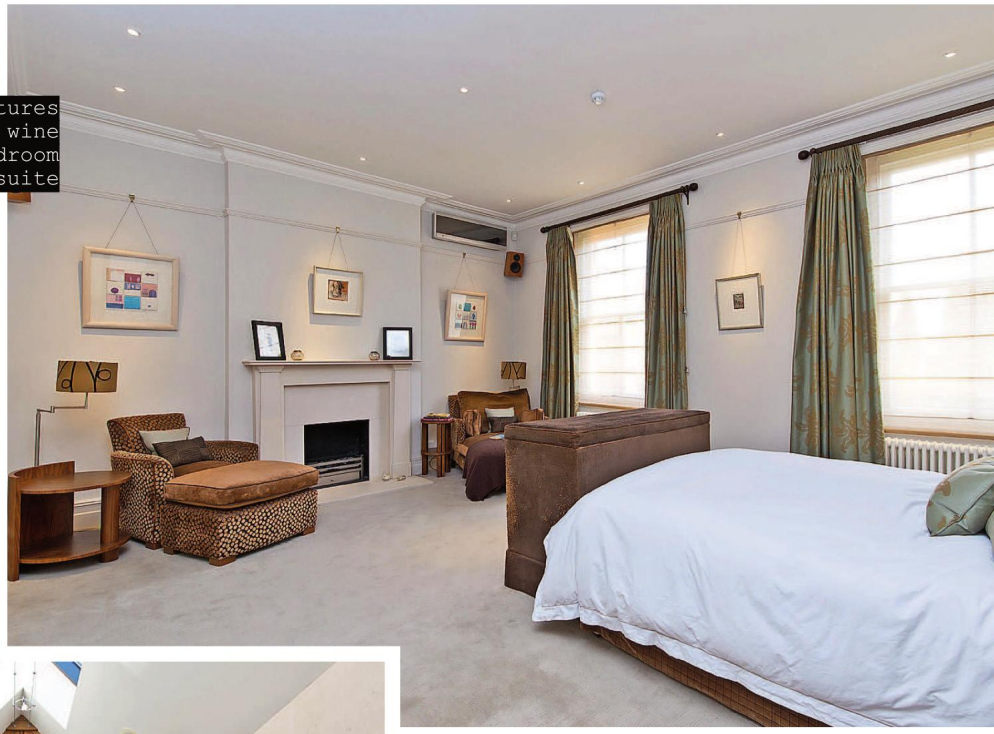

The property features indulgences like the wine cellar, master bedroom and its Zen-like en-suite

light and open, yet cosy feel. Everyone has enjoyed large gatherings for summer birthday parties, Halloween, bonfire night and, of course, Christmas, spilling out with level in/out space from living room to garden swallowing any number of guests comfortably.

Everyone loves the AGA in the kitchen and the wine cellar. The latter was the first thing we planned. We wanted to make sure the cellar was big enough to host tastings before dinner with a slot window giving a sneaky peak of the racks from the dining room. There is space for every generation to find their own sanctuary, from toddlers progressing to a gaggle of teenagers playing XBox, whilst the parents enjoy a civilised dinner with adjoining wine cellar forays.

The master bedroom suite, which runs along the entire depth of the house, is a real indulgence. Having spent a lot of time on corporate business trips, I wanted to create a home spa with a Zen-like atmosphere, complete with bespoke Japanese Shoji screens from specially imported Japanese paper. It provides an oasis to escape to when the children are having a nap with an infrared sauna and steam shower, a large bath and his and her dressing rooms, and an open gas fire in the bedroom.

I wanted to create a home spa with a Zen-like atmosphere to provide an oasis

The master suite is one of three rooms I love best, as I always wanted a dressing room and somewhere private to relax. The other two are the kitchen because I love snuggling up to my AGA on a winter's night with friends, and the front drawing room because it's so calming and wonderful on Christmas Day with the real fire blazing, the twinkling tree surrounded by family, friends and presents. My husband would probably say his workshop – garage without the car for man tinkering and bikes – and his dedicated, family-free study where he works from home.

Many people thought it was a newly built house when we finished it, not because it looks modern – it's a balance of both – but because we restored it so well. The bricks were restored, cleaned and repointed, so it's a rich, warming red stock colour. The cedar elliptic shutters on the right side were built to soften the impact on the street side, mirroring the main gable of the house, but with a modern twist, instead of trying to build a second rate copy of the original, which never would have matched. The genius stroke for the architect was the handsome stone steps, which extend across the whole width of the drive, giving wonderful kerb presence.

I've always loved interiors as well as wine, so I have been lucky enough to indulge both passions in this home. It will be hard to leave. There will no doubt be tears when I leave my heart and soul behind.

Montague Road, TW10, has a guide price of £5.995m. For more information, contact Savills Richmond on 020 8614 9100 or visit savills.co.uk

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PUTTING *on the* GLITZ

Smart kitchens have never looked so glamorous – here's how to get the look

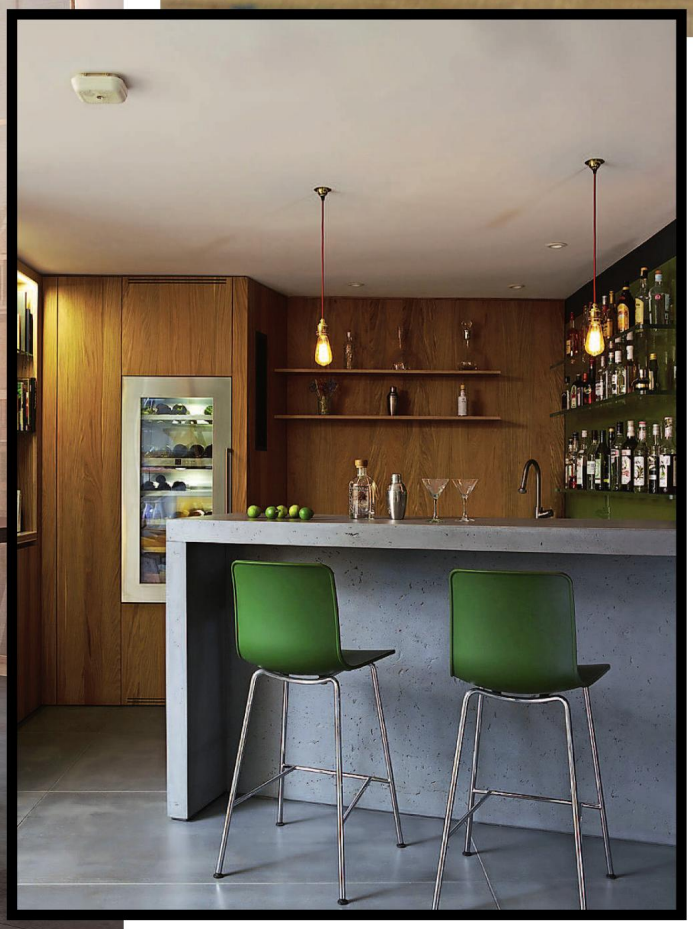
Story KARA O'REILLY

High concept

If you've got high ceilings, put them to good use by introducing feature lighting such as this dramatic centrepiece, which also serves as a speaker system and extractor fan. Elmar @Home kitchen in black walnut and stainless-steel, from £20,000, laurencepidgeon.com

Material benefits

Here's the hipster approach to high-end materials: playing on texture and contrast, including brushed brass, marble and reclaimed timber, for an industrial luxe feel.
Kitchen, from £20,000, bertandmay.com



Blurred lines

A high, angled island and handle-less matt-oak cabinetry were used in this kitchen design to blur the lines between fitted kitchen and freestanding furniture for an open-plan home.
Bespoke kitchen, from £30,000, hollowayskitchens.com

LINING UP

This minimal, slightly masculine look is all about straight lines, smooth finishes and a bold statement colour. Fly kitchen in stained oak veneer with Blade tall units in aluminium both by Modulnova, from £25,000, designspacelondon.com

Glass act

This open-plan kitchen is given a refined feel with the use of glass-fronted display cabinets and delicate feature lighting to make it feel less practical, more elegant. Bespoke kitchen, from £35,000, martinmoore.com

Modern classic

White framed cabinets, glossy black work surfaces, glass and stainless-steel appliances, plus upholstered bar stools and matching dining chairs, are fail-safe luxe kitchen signifiers. Bespoke Original hand-painted kitchen, from £45,000, Smallbone of Devizes, smallbone.co.uk

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Racy green

This deVOL design is painted in an unusual, rich green bespoke hue, which beautifully off-sets the tactile brass hardware and Arabascato marble worktops.
Classic English Kitchen, from £25,000, devolkitchens.co.uk

Opposites attract

Classically styled solid-oak painted cabinets are teamed with unusual reclaimed timber accents and glam marble work surfaces in this smart family kitchen.
Bespoke kitchen, from £15,000, themaincompany.co.uk

Polished finish

This timeless kitchen has sleek modern accents in the form of complementary high-shine teardrop lampshades, a mirrored splashback and stainless-steel appliances.
Nickleby bespoke kitchen, from £35,000, humphreymunson.co.uk

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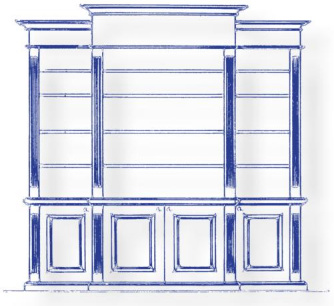

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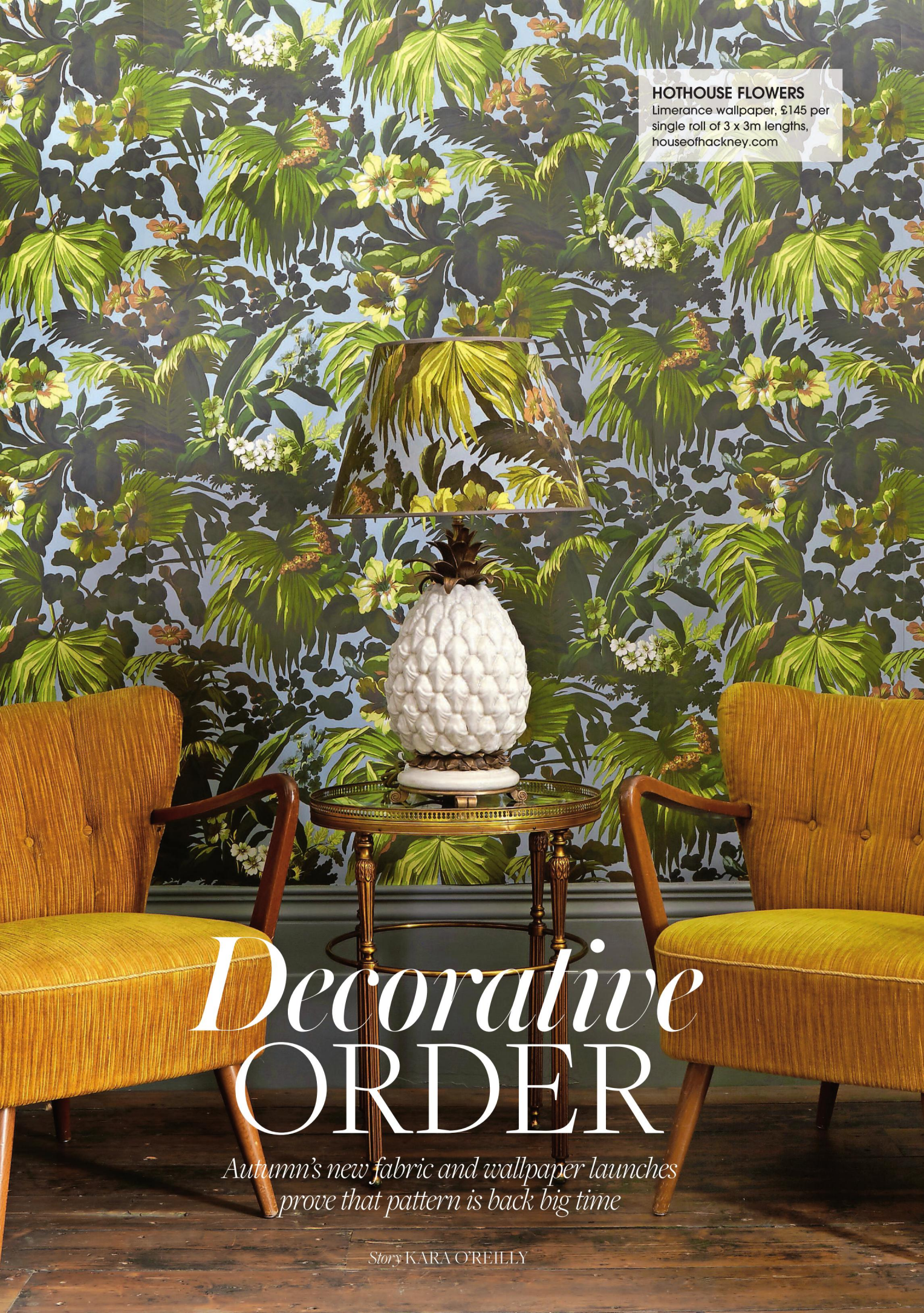

HOTHOUSE FLOWERS
Limerance wallpaper, £145 per single roll of 3 x 3m lengths, houseofhackney.com

Decorative ORDER

Autumn's new fabric and wallpaper launches prove that pattern is back big time

Story KARA O'REILLY

SOFT TOUCH Curtains and cushions made from All Saints aged linen, £75 per metre; chair and lampshade covered in Couronne, £62 per metre, both inchyradesigns.co.uk

GEOMETRY LESSON Arris Hex wallpaper, £75 per 10 metre roll, and curtains made from Mosaic, £45 per metre, from Wedgwood Home Fabrics & Wallcoverings Volume II, blendworth.co.uk

ALL YELLOW Espinillo wallpaper, £69 per 10 metre roll; curtains made from Burnet, £96 per metre; sofa covered in Folia velvet, £57 per metre, all from the Callista by Clarissa Hulse collection, harlequin.uk.com

MOODY BLUES Blinds made from Kelmscott, from £16 per metre; pillows made from Leaf Vine, from £16 per metre; bedspread made from Bronte, from £22 per metre, and Argyle, from £25 per metre; all from the Cotswold collection, i-liv.co.uk

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COUNTRY LIVING
Pheasant wallpaper in Camo Green, £81 per 10 metre roll, barnebygates.com

IN THE NAVY Sofa covered in Beverley; footstool covered in Stanley; curtains made from Linton, all £49.50 per metre, from the Ashfield Wool collection, ianmankin.co.uk

BLUE TONES Delahaye wallpaper, £59 per 10 metre roll, and Delahaye fabric, £59 per metre, both designersguild.com

THE NEW OLD Stravinsky damask wallpaper, £90 per 10m roll, from the Mariinsky collection, cole-and-son.com

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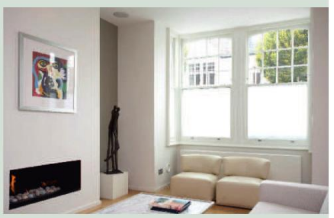

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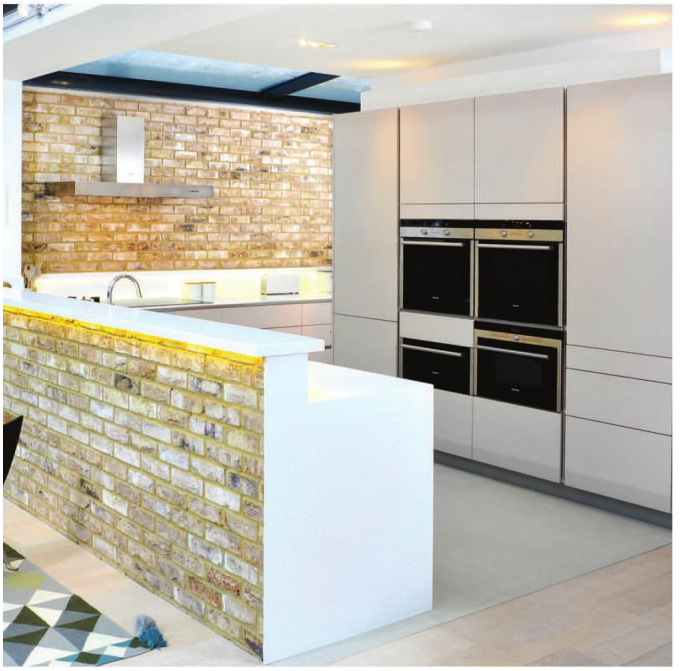

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Prints charming
Barneby Gates has joined the likes of other British creatives such as Thornback & Peel and St Jude's to be the latest print designers to take part in Sofa.com's Design Lab collaboration. Their two limited-edition fabrics will only be available for six months.
From £360 for the ottoman footstool; £60 for a cushion, sofa.com

ROCK CHIC CUSHIONS

I have been hankering after a Bella Freud 1970 jumper since she launched it. So you can probably imagine my unrequited joy upon discovering the cushion in Fenwick – more so when I realised it wasn't just for display purposes. Cushion, £160, from the Bella Freud shop at 49 Chiltern Street W1U 6LX; bellafreud.com

HOMES *NOTEBOOK*

Kara O'Reilly rounds up the latest in interiors

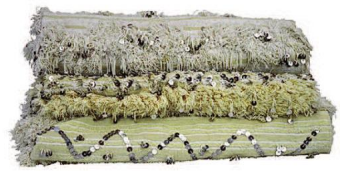
Sparkle and shine

I can't have been the only person who coveted Tord Boontje's gorgeous Blossom chandelier, unveiled years ago as part of crystal specialists Swarovski's bold Crystal Palace project. So it's good news that the brand new Atelier Swarovski Home range of accessories is launched this month at an exclusive pop-up in Selfridges. The pieces, which include candlesticks, vases and a rather eye-catching chess set, have been created by some of the same high-end design names that once featured in the Crystal Palace projects, such as Ron Arad, Frederikson Stallard and, yes, Tord Boontje.
Prices start at £250, from selfridges.com or atelierswarovskihome.com

Mini Trend
Seeing more of Moroccan wedding blankets

Sequin braided storage basket, £45, marksandspencer.com

Handwoven Moroccan sequinned pouffe/ footstool, £115, rockettstgeorge.co.uk



Moroccan wedding blankets, from £380 each, rajtentclub.com

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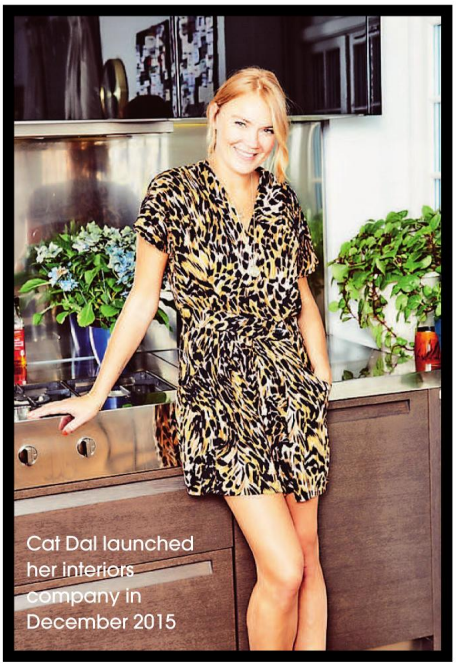
Melting pot of design

Cat Dal launched her interiors business last year, offering clean lines, muted palettes and playful touches – and we wanted to find out more



Cat Dal launched her interiors company in December 2015

What does Scandinavian design mean to you?
I believe Scandinavian interiors has a great emphasis on considered design, in terms of everything has its place. If everything has been given a considered thought, and so everything has a home, then it means you can really maximise your space and take advantage of natural light to create an inviting and peaceful environment.

From personal experience, I also believe Scandinavian design means 'Hygge'. This is a term not directly translatable in the English language, but sort of means 'cosy', nourishing the soul. It's about celebrating the daily, simple things in life that make you feel good.

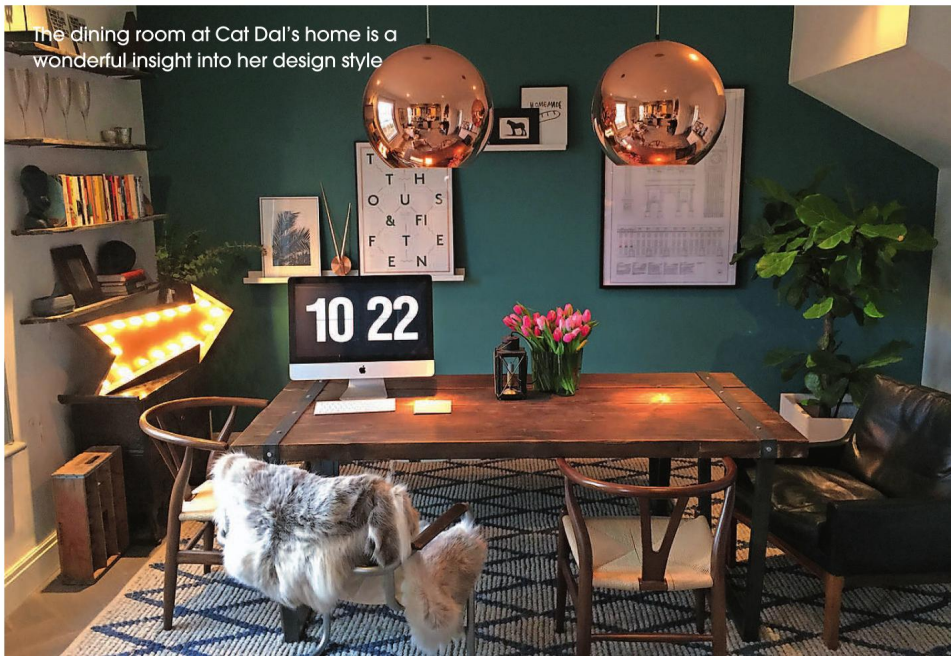
What's going on in the world of interiors at the moment?
In regards to residential design there is a big shift into bringing the more organic attitudes into the home, whether it's bringing in more natural light, having an indoor garden or using more natural materials. In terms of office design I have noticed clients are eager to move away from traditional 'corporate' spaces into atmospheric, almost 'living room' like spaces (with table lamps, rugs and beautiful lighting) that encourages creativity and interaction between employees.

What is your favourite part of your home?
My dining table, with my huge copper pendants overhanging. I think the dining table is the heart of the home, it has so many important functions – I love working from it and having dinner parties round it. I have a large fig leaf tree in the corner, and used my old floorboards as shelving to contrast with the metallic pendants, very 'rustic luxe'. I believe imperfections make you feel more comfortable.

What recent projects have you been working on?
I have recently completed a Grade II listed two storey coffee shop in Fulham and a gorgeous jewellery store in Kentish Town for Jessica De Lotz. Jessica found her shop space in December and wanted to open six weeks later so we had an incredibly quick turn around, but it was all worth the effort. The shop is an eclectic space with art deco features, salvaged curiosities and cherished treasures. Since its opening it has had so much attention, such as being named in Evening Standard's Top 50 Boutiques and featured in several magazines worldwide. I also love working on my residential projects, which at the moment include a family townhouse in Kentish Town, a penthouse in Primrose Hill and a Marylebone mews house.

How do you typically work with your clients?
Dependent on each client's unique needs I am flexible with my involvement. For some they require the full service; the design, the technical drawings, the budget and the builders, and I would supply everything down to the last teaspoon to ensure a stress-free and seamless process from inception through to completion. With other clients we work together with consultations, where I help with spatial planning, colour schemes and sourcing art and furniture.

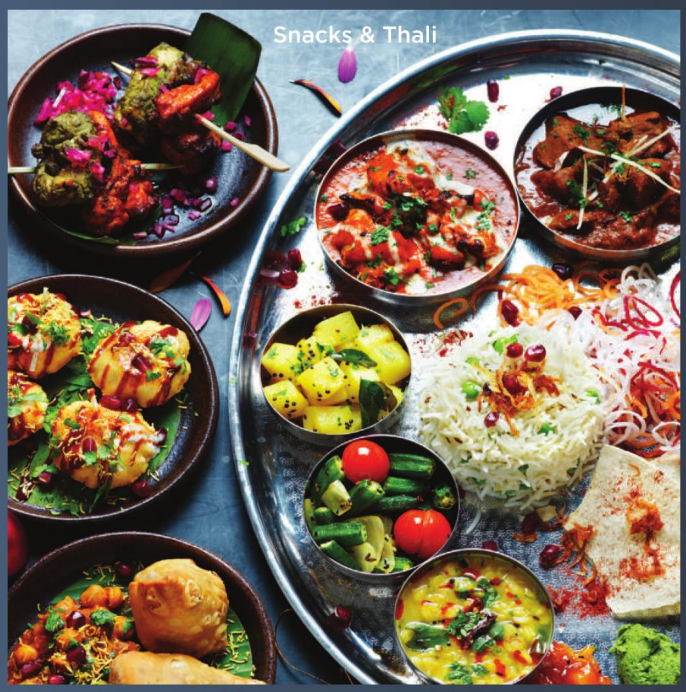
Find out more at catdalinteriors.com, call 07702 836922 or email cat@catdalinteriors.com



The dining room at Cat Dal's home is a wonderful insight into her design style

MASALA ZONE

A REAL TASTE OF INDIA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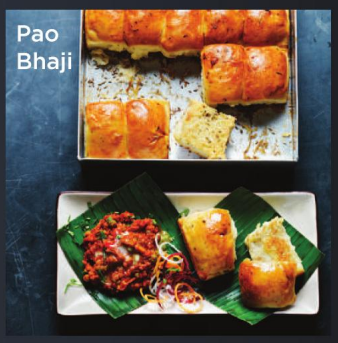
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TOM PARKER BOWLES

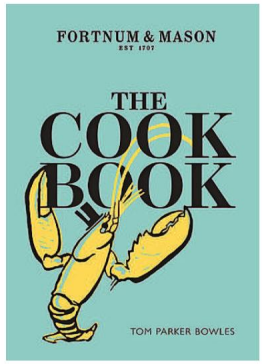
The cookbook three centuries in the making

It all started with a candle. Well, rather more than one. A whole palace full, in fact, the malleable perk of being a footman in Queen Anne's household. The Royal Family insisted on having new candles every night. Which meant a whole lot of second hand wax. Second hand wax that William Fortnum, the aforementioned footman, was allowed to keep. Being a canny sort of fella, he sold them on, making himself a decent bit of extra cash.

And it wasn't candles alone. No sir. He also had a small, but thriving grocery sideline, the landlord of which was a Mr Hugh Mason. Fortnum persuaded Mason, in 1707, to join him in business. And so a British icon was born. Because Fortnum and Mason is no mere store, rather a magnificent Piccadilly institution, a place that has fuelled British history, fed armies, built Empires and sated the appetites of Kings and Queens, emperors and maharajahs, dukes and dames alike.

They sent tea and dried beef to the troops of the Napoleonic wars, crates of beef tea (paid for by Queen Victoria) to the injured of the Crimean Wars, and endless hampers filled with Stilton, brandy and various jams to the officers of the two World Wars. And it wasn't just the armies. They've supplied every British monarch since Queen Anne; Prime Ministers from Gladstone and Disraeli onwards; and writers, from Bryon and Dickens to Betjeman. All united in their love for good tea, proper cheddar, exquisite biscuits, and wonderful chocolate.

Fortnum's lay claim to inventing the Scotch egg, and transforming high tea into high art. And the Fortnum and Mason Cookbook (written by, er, me) is the first time they've ever gathered together all of their recipes. The old classics are all there. You'll find recipes for Scotch egg and Welsh rarebit, for fluffy scones, perfect sandwiches, airy Victoria sponges, shortbread, Florentines, potted shrimps, Marmalade tea bread, game pie (pictured), Knickerbocker Glory, brightly hued Battenburg and many more. Plus sections on choosing the best tea (another ingredient for which the shop is long famed), and how to make the perfect cup. Along with essays on the likes of coffee, picnics, afternoon tea and savouries.



But there are resolutely modern recipes too, taken from the menu of 45 Jermyn St and The Parlour, from Greek yoghurt with Pale Lime marmalade and granola, through to baked beans and chorizo (Fortnum's were the first UK store, in 1886, to sell Mr Heinz's eponymous bean). But all are united by two things – their connection, obviously, to Fortnum's. And the fact they taste damn good. Because this is no mere glossy coffee table tome, designed to look good but gather dust. No, this is a proper cookbook, that demands to be bent, splattered and worn with constant use. Like Fortnum's itself, it pays homage to the past, with an eye to the future – a cookbook three centuries in the making.

Fortnum and Mason – The Cook Book is published on 6 October, priced at £30 (4th Estate)

YARDS OF ALE

In the back yard of the Ealing Park Tavern, head brewer Vladimir Schmidt is brewing up a storm for west London

Words BETHAN ANDREWS

It might be one of the most micro of microbreweries making a humble 5,000 litres a week, but what Long Arm Brewing is short of in square footage they are certainly not short of in courage, conviction and ambition. Head brewer Vladimir Schmidt is brimming with passion for the cold, frothy stuff, and his small team of assistants are just as excited about their creations as he is. It's a recipe for the perfect brew at the Ealing Park Tavern.

And now, Schmidt is hoping to extend his long arm to other avid beer drinkers, keen enthusiasts or people hoping to enter into the industry by starting detailed brewery tours. Fresh from the hop harvest in Herefordshire, Schmidt is visibly excited to show me around and talk me through his plans for the future.

Immediately it's clear that he's passionate about the fact that if equipped with a love of beer, a hunger to learn and the drive to start from the very bottom of the brewing career ladder, a person can succeed in the world of microbrewing.

'I started in hotel management but I became bored with the industry and I didn't want to keep working unsociable hours. I decided to learn how to make alcohol, and as I'm Czech, it *had* to be beer,' smiles Schmidt. 'I started as a cask cleaner in a brewery in Hackney, and slowly worked my way to the top.'

It was important to Schmidt to start at the bottom. 'It was a struggle for a year, as my salary dropped hugely,' he says. 'But it was the best thing I ever did, and it meant that I covered all bases. I train my people exactly the same way. My assistant brewer Oscar was only allowed to clean for a few months!'

As he talks me through the different malts, hops and yeasts, I am amazed by

The brewery works with Ealing Park Tavern and has four core beers in the range, left head brewer Vladimir Schmidt, below and facing page

By one crazy mistake, I could end up with the most incredible beer

the sheer amount of options there are for the base ingredients of beer. Schmidt asks me to taste each one individually, in order to taste the original scents and tones of the malt. He's a great teacher, with a wealth of knowledge and anecdotes to tell with each ingredient.

'My recipes are fairly complex, and I'm looking at every degree Celsius, as it all makes a difference with activating the enzymes,' explains Schmidt. 'I have to react on temperature changes as well, so I'm always measuring the temperature in the office and store room in order to always know what temperature my malt is. It changes with the seasons too, and it all makes a big difference in the beer so it's important to pay attention to it.'

He has the most impressive catalogue of recordings of each brew made that date back to the first beer he completed in the brewery on 6 March 2015 – with not one missing since. 'I have to make sure that I record everything, so if something goes wrong I still finish the beer and we can see where the mistake was made,' he says. 'By one crazy mistake, I could end up with the most incredible beer. It's a never-ending process and I'm always tweaking recipes a tiny bit at a time. It took us about a year just to come up with our four core recipes. They've been a great success so far.' Clearly, it's an industry in which you have to be a perfectionist.

The local community is central to Long Arm, and Schmidt is excited to invite them in. The name of the brewery comes from an old movie, *The Long Arm of Law*, which was filmed in Ealing and focused on the community. 'We'd like to keep this tradition so we try to keep everything local, with local ingredients and local artists who designed the logos,' says Schmidt. 'All the base malt is British, and the majority of the speciality malts are also British.' The beers, Luckypenny and the smoked stout are both brewed using British hops.

The good news for Ealing is that Long Arm is here to stay, is constantly expanding and is even starting to look internationally at markets in Hong Kong and China too. 'I'd like to see it as a big brand on the UK market, like BrewDog,' says Schmidt. 'But it will all still be made by hand – I don't want to lose the personal touch.' Cheers to that.

222 South Ealing Road W5 4RL; longarmbrewing.co.uk

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The Weir's food and entertainment is proving a real hit in Brentford

BRENTFORD'S RIVER HOTSPOT

The Weir continues to grow in popularity, from its new cocktail bar to their weekend brunch and legendary Sunday roasts

Words MARK KEBBLE

The lost art of brunch. A leisurely meal of eggs Benedict with a glass of Champagne, or a full Irish breakfast with a Bloody Mary or two – what's not to love? Or perhaps a lighter brunch, smoked salmon and scrambled eggs, Greek yoghurt with fresh fruit or traditional kedgeree. The Weir's weekend brunch menu is quite the hit on Saturdays and Sundays from 11am-2pm.

Chef Srdjan Kovijanic (previously The Ritz, Quaglino's and The Langham) is passionate about creating exceptional seasonal menus, never failing to keep the firm favourites including delicious home-made pies through to a 500g Chateaubriand sharing steak, buttery garlic lobster and fresh Irish rock oysters.

Then there's The Weir's Sunday roast, which has become legendary in Brentford. Alongside a comprehensive Sunday menu, Kovijanic's roasted corn-fed chicken, English striploin, Old Spot pork belly or Welsh leg of lamb on a mouth-watering bed of seasonal vegetables with Yorkshire pudding and jus is simply spectacular by the waterside (two courses from just £16, three courses from £19.50).

Launched last year, The Weir's cocktail bar has become hugely popular, especially from 6-7pm at the end of a long day at the office. Seven days a week, 'Cocktail O'Clock' commences – with each unique cocktail, The Weir offers one on the house to share with a friend (or sneak two yourself). This year, The Weir welcomed new general manager Arnaud Campestre (previously Benugo Group) who has been adding some personal touches to the cocktail menu and expanding The Weir's exceptional wine cellar. Their selection of tempting fine whiskeys and award-winning craft beers, including 1936 Biere, brewed at the foot of the Swiss Alps, is pretty special!

It seems there is always something going on at The Weir, testimony to how owner Joanne Scully has created the perfect riverside venue for Brentford locals. Their waterside barbecues have showcased live music and DJ sets throughout the summer, and as we move into the winter months the fun isn't stopping there. From 13 November, The Weir's Christmas parties for family, friends and colleagues never fail to impress. A superb special Christmas menu is on offer, including the finest Roast Norfolk Bronze Turkey with all the trimmings, and traditional plum pudding with cognac cream (two courses £24pp, three courses £27pp). Following its popularity last Christmas, for parties of over 15 people, The Weir's Christmas tapas menu brings the flavour of Spain with six dishes, just £14.50pp.

Soon it will be NYE, so welcome in 2017 with The Weir. After a special NYE menu, The Weir's huge riverside fireworks display is spectacular, particularly accompanied with a glass of Champagne. A truly magical place to be when the clock strikes midnight, with live music from The Buttercups and DJ Rusty Egan, who will have you dancing into 2017. The perfect end to what's been a wonderful year for The Weir.

24 Market Place TW8 8EQ; 020 8568 3600; info@theweirbar.co.uk; theweirbar.co.uk

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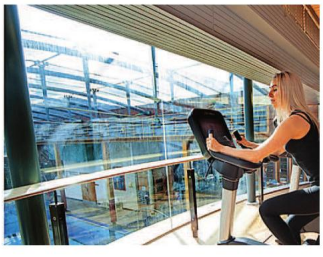

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MOVE YOUR FRAME

Anyone who has worked out at Frame will know how difficult it is to resist shopping for sportswear before or after a class. Well, it's about to get a whole lot trickier, for the ultra-cool London studio has just launched its own clothing line. Designed by founders Pip Black and Joan Murphy, the collection has a 'studio-to-street' vibe. moveyourframe.com

HEALTH & FITNESS *NOTEBOOK*

Shona Wallace's latest news for mind, body and soul

BEAUTY EDITOR'S PICK

Enriched with beeswax butter and two forms of hyaluronic acid, Guerlain's Abeille Royale rich day cream has a luxurious, balmy texture, leaving parched winter skin soft and radiant. Guerlain Abeille Royale Riche Day Cream, £89 for 80 ml at johnlewis.com

Delicious Deliveries

Home delivery service Abel & Cole are well-known for their tasty organic vegetable boxes, but we're loving their new foodie recipe boxes too. Each box offers you the chance to cook three amazing meals for two each week and you can choose from five different varieties, depending on what best suits your lifestyle. Each box comes with all the ingredients, herbs and spices you'll need plus easy-to-follow recipes cards. Try them once and you'll be hooked. **For more details see abelandcole.co.uk**

A Russian Ritual

A luxurious take on the traditional Russian bathhouse, The South Kensington Club's Russian banya suite is the perfect place to recharge this winter. Those new to the banya should try the Kamchatka Sunrise package (£72 for 90 minutes), where you can enjoy the signature 'Russian Dance of Leaves' massage in the immersive, aromatic steam bath. **Treatments are available for members only, email members@southkensingtonclub.com to make an enquiry**

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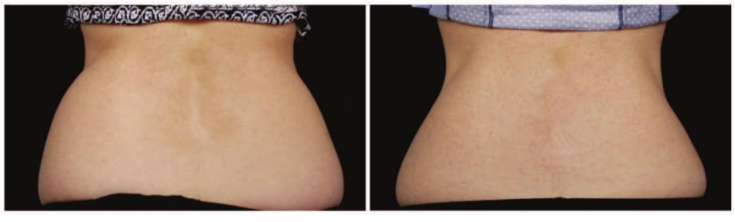

BEFORE

10 WEEKS AFTER SESSION
Photos courtesy of Suzanne Bruce, MD

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Chris James was taught by some of the best yoga practitioners in India

MIND *over* MATTER

Chris James of Mind and Body shows people the power that yoga can give you

Words BETHAN ANDREWS

Chris James's story reads like a yoga fairytale, with all the trials of a traditional chronicle. Through sheer determination, James – who has studios in Richmond and Twickenham – has overcome the odds to establish a successful wellbeing business, and is passionate about making this way of life accessible to everyone.

He travelled to India in his 20s, and quickly realised it was a country he wanted to stay in for some time. 'I set up a business buying and selling antique textiles. I saw the far reaches of India on a motorbike, where no tourism ever got to, and it was absolutely incredible,' enthuses James. 'I had a stall on Portobello Road, and it was the best way to spend my 20s. On a buying mission, I was introduced to yoga, and I really took to it.'

In 2000, James returned from India and became victim of an unprovoked and serious attack. 'It was very arbitrary, but my neck was badly broken. The doctors couldn't believe I had managed to make a full recovery and not sever my spinal cord,' explains James. 'But I used everything I knew from yoga to strengthen my breathing, keep my body aligned and meditate. I brought the intelligence back into my body, which yoga helps you to do, and I walked out of the hospital after six weeks with my spine held together with screws.'

It was this that led James to realise that yoga and the science behind the exercise truly worked for him, so he decided to start teaching it. 'It's important to me to teach mainly one to one, as it's the way it should be taught as master to pupil,' he says. 'It means that it's uncontaminated.' The company Chris James Mind and Body, however, grew out of a shoebox.

Yoga should be taught one to one, as this means that it's uncontaminated

Having realised that people were under-exercised and overworked, he wanted to put something accessible together from his knowledge of herbs that he learnt in India. He put together little boxes of print outs, herbs and a supportive programme. 'It was successful because it was accessible and easy to revisit,' he says. 'It grew quickly, I got repeat custom and the shoebox became a more glamorous one. It's now stocked in Harrods, Liberty London, Space NK, and Wholefoods.'

Now James has a book called *Mind, Body, Cleanse* due to be published by Penguin next year. 'The book helps the reader to make their own plans, and is half practical, half theoretical,' says James. 'It focuses on the gut as the seat of wellness and how to use yoga successfully to optimise gut function, but it is interspersed with anecdotes.'

I, for one, can't wait to read his book and apply his practice to everyday life.

Find out more at chrisjamesmindbody.com

The ultimate GENERATION BREAK

Discover how a three night trip to Dubai makes the perfect mum and daughter vacation

Words VICKY MAYER

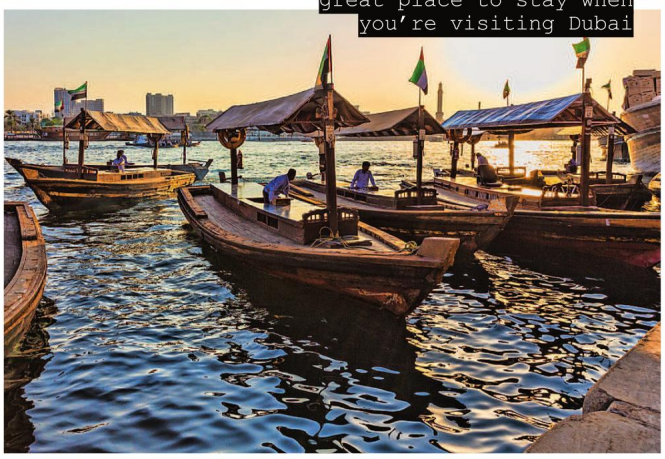
In an increasingly busy world, taking time out with your parents can often come at the bottom of your to-do-list. Which is why organising a mini break with one (or both) of your parents is a great idea. Not only will you get the chance to get away, but they'll love the trip too and it really gives you time to enjoy each others' company without being stuck in your respective homes.

Like me, my mum is a keen traveller, so when I mooted the idea of a three night trip to Dubai, it didn't take her long to agree. Like many of her 70something friends, she has travelled extensively in Europe and the USA, but the UAE had never been on her bucket list. But she's a natural adventurer and willing to give most things a shot and having visited Dubai myself a couple of times, I knew she'd love it.

Flying in from London, I made sure we arrived in the early afternoon so she could appreciate the wonders of the city's amazing architecture as we drove to our hotel. The luxurious Fairmont The Palm is the perfect destination for a mum and daughter-bonding break. Boasting its own private beach, this beautifully appointed hotel offers everything you need for a fabulous vacation, however energetic or lazy you are feeling. Our twin room was huge by European standards with a big balcony overlooking the beach and city. Just the place for a post flight G&T…

We arrived early in the afternoon to appreciate the wonders of the city's amazing architecture

If, like us, you're in town for a short break, it pays to create your own mini schedule and if you're travelling with an older member of your family, jumping on a tour bus is the ideal way to see the city when you're time poor. The hotel offers guests regular shuttles to Dubai Shopping Mall where you can pick up a Dubai City Sightseeing tour. Eschewing the delights of the Mall, we headed straight to the Burj Khalifa's viewing platform to see the city from the tallest tower in the world. For Dubai newbies, this really is an essential visit as you get to see the



Fairmont The Palm is a great place to stay when you're visiting Dubai

whole city laid out like something from The Wizard of Oz. Next stop was Dubai Creek, one of my favourite parts of the city with its famous gold souk and a real taste of the old Dubai fishing village.

What intrigued me as we travelled around on the bus was how much my mum loved the modern architecture of the city, as she oohed and ahhed at every individual skyscraper. She's a bit of a history buff who adores Paris and Rome, so what could she possibly see in Dubai that I was missing? 'History in the making,' she explained wisely. And she's right. As 2020 fast approaches, Dubai is in another mini building boom, creating new buildings and experiences for the millions of guests expected for the much anticipated Expo 2020. Back at the Mall in the afternoon, we visited a few shops, but the truth is both of us were keen to head back to the comfort and tranquility of the Fairmont.

If you visit outside the scorching summer months, Dubai has a perfect 25-28 degree climate, which is ideal for outdoor dining. It's the sort of city too that encourages getting dressed up for dinner, which of course when you're on a mum and daughter break is half the fun. The Fairmont offers guests an impressive six choices of top end restaurants and lounges and we chose the Seagrill on 25º so we could sit outside on the beachfront. Here guests are treated to the very best seafood in town including red snapper, lobster and the finest scallops.

I always think one of the biggest indicators of how well run a hotel really is lies with the calibre of its staff, and the service we received at the Fairmont was exemplary, with each individual, including those at the restaurant, making us feel incredibly welcome and looked after.

On our final day in town, we opted for the biggest treat of all – a down-tools day at the hotel where we could relax, gossip and really catch up with one another. Starting our day at the poolside, we swapped book recommendations, swam leisurely and totally chilled out. At lunchtime, away from the midday sun, we visited the very impressive spa for an amazing hers and hers massage, which we're still talking about six months on.

The best though, as they say, we left for last. The Fairmont offers guests the chance to hire their own boat and driver to ride around the harbour. As a treat, I'd booked a boat to take us from the hotel to Dubai Marina. Five minutes into the ride, my mum looked the happiest I'd seen her in a long time, as she sat back on the boat, taking in the sun and the sights. One of the photos I took of her that day is now on her Facebook page and as she delights in telling me, everyone thinks it's her ten years ago on the Riviera. The trip was a hit for us both and sceptical though she may have been at first, my mum can't wait to return to Dubai – and the Fairmont of course...

TRAVEL NOTES

Accommodation at Fairmont The Palm starts at 850 AED (Approx. £177) per room per night on a room only basis. For more information visit: fairmont.com/palm-dubai or call +971 4 457 3388 For details of the six sightseeing routes in Dubai see city-sightseeing.com

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Wherever your child may be heading this month, there are ways you can help them to be prepared

FRESH START

Ways to ensure the early days of university life isn't a daunting experience

Words BELLA AUDSLEY

If there's enough room left in the car, soon you may be driving your child – or, we should say, young adult – off to university. Starting university is a milestone, and not just for students – many parents come to us with numerous questions about how to help prepare their children for the next step in their education. Luckily, there are a number of things that you can do to help create a smooth transition for both you as a parent and your newly-fledged 'fresher'.

Starting university often marks a gearshift in a parent's involvement in their children's lives. For some parents, it may be the first time their children are away from home, and the first time their children don't have clear rules on what is and isn't expected of them. As tempting as it may be to dive into your child's extensive reading list or deliver a term's worth of Tupperware meals, sometimes the most valuable support you can provide at this stage is the space for your child to try new things out independently. In our experience, the best preparation for new university students is to arrive as a confident, critical thinker with an inquisitive mind. Independent learning is beneficial on many levels: it can increase motivation and confidence, raise a student's self-awareness of their skills, and has also been linked to improved academic performance. Students who develop these skills early on are able to progress more quickly academically by applying their own ideas to problem solving, forming opinions and creating new learning strategies.

Of course, developing a student's independent learning skills is not about encouraging them to spend a 24-hour stint sitting alone in the library trying to read everything on their reading list. Mirroring the structure of university teaching, one-to-one tuition can offer a supportive and stimulating environment to cultivate these study skills and stretch learning beyond the curriculum. In collaboration with teachers and tutors, parents play a significant role in facilitating the shift of responsibility within the learning process. Whether it is encouraging your child to share their opinion on current affairs over dinner, or suggesting where they could find help with their studies, the careful balance lies in providing just enough support to enable your child to arrive at a resolution autonomously.

Starting university marks a gearshift in a parent's involvement in their child's life

Every parent wants their child to feel confident when navigating the new experiences of university life: from organising their assignments to remembering to separate their washing. Often, providing children with the space to work out these trials for themselves (and to know where to go for help if they cannot), although daunting, allows them to embed in university life more quickly. Have faith that your child's upbringing will hold them in excellent stead and allow them to navigate this exciting new phase with confidence.

Bella Audsley is part of the Enjoy Education team, offering private tuition and schools advice. Find out more at enjoyeducation.co.uk or call 020 7352 8800

DISCOVERMORE

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GARDENER SCHOOLS GROUP

Ben Thomas is keen on the arts not being sidelined during a child's educational journey

INSPIRING CONFIDENCE

Ben Thomas, Headmaster of Thomas's in Battersea, on how best to prepare your child for the 11+, 13+, senior school and beyond

Words MADELEINE HOWELL

As the new term gets under way, it's important to ensure your child continues to foster a love of learning beyond exams. For Ben Thomas, who has been the Headmaster at Thomas's in Battersea for 17 years, it's 'a drum that [he] has to bang harder and harder, because of the surge in competition to achieve results'.

In the course of this interview, Thomas expresses his concern over the pressures of the 11+, and suggests that too much focus on box-ticking can be counter-productive. 'The exam reduces everything to English, maths and reasoning, at an age where children's minds ought to be being opened to the wonders of the world, and to the fascinating possibilities of science,' he explains. 'I'm not a huge fan of the 11+ process at all, and I wish we could find a better way.'

For Thomas, the 11+ shouldn't be the 'be all and end all', and passing it should be a by-product of a rounded education, rather than the sole focus. Although children should be practised and confident ('the obvious thing to say is that they should have been drilled endlessly') at the point at which they sit the exam, Thomas stresses that it's also important that they maintain perspective and continue to pursue their interests in other areas like music, art and drama.

'Prep schools have a responsibility not to allow parents to be over-ambitious,' Thomas continues. 'Ideally, there will be children more able than they to give them something to aim for, but also some less able, which will give them the confidence to continue achieving.'

Thomas is much more positive about pre-tests and the 13+ entrance exams, which he feels better reflect a child's individual progress. 'It tends to reflect more accurately our own opinion of a child, whereas with the 11+, you can get very odd results depending on a child's performance on the day,' he says.

It's an age where children's minds ought to be opened to the world's wonders

'There's going to be lots of changes in education,' he continues. 'It will be a luxury to have the time to develop our curriculum to suit the world our children are going to enter. It all feeds back into my obsession with a broad curriculum, and my view that creative endeavours shouldn't be just a sideline.'

Thomas's London Days Schools are based all over the capital. Find out more by visiting thomas-s.co.uk

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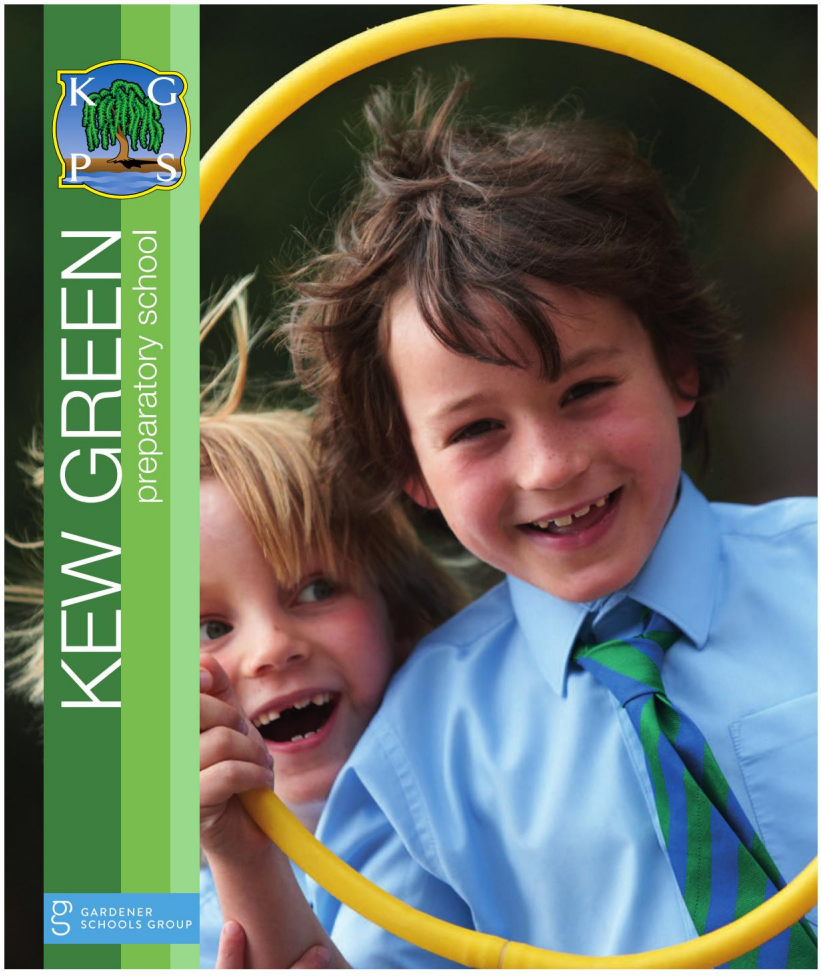

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Quality of Teaching - **"Excellent"**
Quality of Extra-curricular Provision - **"Excellent"**
Quality of Pastoral Care - **"Excellent"**
Quality of Links with Parents - **"Excellent"**
Quality of Pupils' Personal Development – **"Excellent"**

"Pupils of all ages benefit from a rich and exciting curriculum."
Independent Schools Inspectorate Report - July 2015

Open Mornings

9:15am Wednesday, 12th October 2016
9:15am Wednesday, 16th November 2016
9:15am Wednesday 18th January 2017
9:15am Wednesday, 8th February 2017

To register your attendance at one of our open mornings, please phone 020 8948 5999 or mail secretary@kgps.co.uk

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Quality of Pupils' Achievement and Learning - **"Excellent"**
Quality of Teaching - **"Excellent"**
Quality of Extra-curricular Provision - **"Excellent"**
Quality of Pastoral Care - **"Excellent"**
Quality of Links with Parents - **"Excellent"**
Quality of Pupils' Personal Development – **"Excellent"**

"The curriculum is excellent for all ages and abilities, and is expertly matched to meet the needs of the range of pupils in the school."
Independent Schools Inspectorate Report - March 2016

Open Mornings

9:15am Thursday, 13 October 2016
9:15am Tuesday, 15 November 2016
9:15am Thursday, 19 January 2017
9:15am Thursday, 2 February 2017

To register your attendance at one of our open mornings, please phone 0208 846 9153 or mail secretary@rpps.co.uk

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PROPERTY

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Priory Avenue, W4, is on the market for £3,700,000 with Fletcher Estates; 020 8987 3000

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When built, the £800+ million Spire London in London Docklands will be the tallest residential skyscraper in the UK and Western Europe. At 235m high and with 67 storeys, the project from Greenland Group, China's largest premium residential developer, will provide 861 apartments, including luxurious suites, one, two and three-bedroom apartments, and three-bed duplex penthouses. They will be complemented by a hotel-style concierge, retailing, residents' gardens and five-star lifestyle amenities including a 35th floor spa and club bar.

Naturally there will be panoramic views – said to be the highest and most far-reaching ever provided by apartments in the capital. The striking architecture has been inspired by docklands nautical history and by the orchid, cultivated in China for over 3,000 years. Three petals form the spire, creating faceted glass façades and nautical style 'prow' and 'bow' contours. The angled roof allows for outside terraces in the premier and penthouse apartments. Prices from £595,000, with completion scheduled for 2020.

See more at spirelondon.com

Pimlico panache
Launching this autumn, Ebury Place is a development of 47 contemporary apartments in the sought-after SW1 postcode in Pimlico. The scheme on Sutherland Street will introduce a mix of one, two and three-bedroom homes, offering a rare new-build opportunity in this highly desirable central London address. Prices from £699,000.
Taylor Wimpey Central London, 020 7355 8150

PROPERTY *NEWS*

Extraordinary homes for sale in the capital

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The Corniche at Albert Embankment is the final collection from this landmark development, which benefits from views over the most iconic stretch of the River Thames, including Lambeth Bridge, the Houses of Parliament and the London Eye. Designed by Foster + Partners, the development comprises 168 highly specified apartments and two penthouses featuring panoramic floor-to-ceiling glazing to maximise the stunning views.
Three-bedroom apartments within the Skyline Collection are priced from £3,350,000, available from the 16th floor upwards.
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Robertson Smith & Kempson

Hanwell, W7 1LU

£1,300,000

An extended four bedroom / three reception room semi-detached house on one of Hanwells premier roads. The property also has off street parking to the front and a well tended rear garden, energy rating d.

Hanwell Sales 020 8566 2339

Ealing, W13

£1,300,000

A four bedroom semi-detached house located between Lammas and Walpole parks. The property has a 23ft. open plan kitchen / dining room / living room and retains many period features, energy rating c.

Northfields Sales 020 8566 2340

Acton, W3

£1,600,000

A semi-detached, double fronted Victorian house in excess of 3000sq.ft. This property offers huge scope with potential to either restore it to its former glory as a family home, or redevelop it into multiple units subject to the relevant consents, energy rating e.

Acton Sales 020 8896 3996

Ealing, W13

£1,250,000

This semi-detached five bedroom Victorian family home located in the popular St Stephens area, is arranged over three floors and has two reception rooms, a modern kitchen, a conservatory and a south facing garden, energy rating d.

Ealing Sales 020 8840 7677

Acton, W3

£1,495,000

Offering contemporary living at its best, this semi-detached modern house has a large south facing garden, gated parking and is situated on one of Acton's most desirable tree lined roads, energy rating b.

Acton Sales 020 8896 3996

Ealing, W13

£1,050,000

A four double bedroom period house located on the west side of this central Northfields street. The property has been restored to a high standard internally, energy rating d.

Northfields Sales 020 8566 2340

Robertson Smith & Kempson

Ealing, W5 £715 pw

An excellent five bedroom Victorian house between North Ealing and West Acton station. The property has been newly redecorated, and has a beautifully kept landscape garden, energy rating d.

Ealing Lettings 020 8840 7885

Ealing, W5 £554 pw

A three bedroom family house, located on a popular residential street by The Common in Ealing. The property has three double bedrooms, a modern bathroom, a kitchen, a through lounge and a conservatory, energy rating d.

Ealing Lettings 020 8840 7885

Ealing, W13 £554 pw

This four bedroom Edwardian terraced property is located within easy reach of West Ealing Broadway, future Crossrail links, the Piccadilly Line tube and Northfield Avenue, energy rating c.

Northfields Lettings 020 8280 2800

Brentford, TW8 £507 pw

A newly refurbished and extended three double bedroom terraced house with two bathrooms and located conveniently for both South Ealing and Northfields, energy rating c.

Northfields Lettings 020 8280 2800

Ealing, W13 £506 pw

An immaculately presented four double bedroom family home conveniently located for the open spaces of Scotch Common and only moments away from ever popular Pitshanger Village, energy rating d.

Ealing Lettings 020 8840 7885

Ealing, W13 £460 pw

An exceptional two double bedroom, contemporary apartment in an exclusive new development in one of Northfield's most desirable residential streets with picturesque views over Lammas Park, energy rating d.

Northfields Lettings 020 8280 2800

Tenants fees apply: £180 per tenancy towards administration, £60 reference fee per tenant and £144 towards the end of tenancy check out report (all inc of VAT).

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EALING W5 — £959,950 FREEHOLD

A fantastic sized semi-detached family home situated close to popular Pitshanger Village, beautifully maintained by its present owners and offering bright and airy living accommodation. To the ground floor are two spacious reception rooms, well arranged fitted kitchen and utility room. To the first floor are three good sized bedrooms, family bathroom and separate W.C. There are two further bedrooms, store room and spacious shower room to the top floor. Other benefits include gas fired central heating, a fabulous rear garden, off street parking and garage.

Energy Performance Rating - E

NEW TO MARKET

EALING W5 — £910,000 FREEHOLD

A much sought after halls adjoining semi-detached Edwardian style villa in the heart of award winning Pitshanger Village in the same ownership for many years. The property boasts spacious living accommodation and an array of period style features. To the ground floor are two excellent sized reception rooms, breakfast room, cloakroom and well arranged fitted kitchen. There are three good sized bedrooms, family bathroom and separate W.C to the first floor. There is also the potential to extend at the rear and into the loft space (subject to the usual planning consents) and there is a 60' west facing rear garden with side access.

Energy Performance Rating - TBC

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#Pitshanger #GBHighSt London Winner

JOHN MARTIN ESTATES

EALING W5 £799,950 FREEHOLD

A beautiful Edwardian style villa in the heart of Pitshanger Village offering spacious living accommodation throughout that has been in the same ownership for a number of years. There is a spacious lounge and good sized open plan well-arranged fitted kitchen/dining room to the ground floor. To the first floor are three good sized bedrooms and modern family bathroom. Other benefits include gas fired central heating, an array of period style features and beautiful 50' rear garden. The property would be ideal to extend both at the rear and into the loft space (subject to the usual planning consents).

Energy Performance Rating - E

EALING BORDERS £525,000 SHARE F/HOLD

A superb first floor purpose built apartment in a development very close to Pitshanger Park which has been carefully modernised by its current owners. The property is decorated in neutral colours and benefits from a triple aspect south facing 22' lounge with south facing balcony and a beautifully arranged and well planned fitted kitchen. There are also two excellent double size bedrooms and stunning modern shower room. The property also has uPVC windows, some wood panelled flooring, gas fired central heating, a garage and fantastic lawned garden areas. It is also offered chain free.

Energy Performance Rating - C

Pitshanger Lane's high street has rightly been recognised

Hitting the HIGH NOTES

The story of how Pitshanger Lane came to be named London's Great British High Street 2015

This time last year, Pitshanger Lane in Ealing was engrossed in a campaign led by John Martin of John Martin Estates, Chairman of the Pitshanger Village Traders Association, and his wife, Rhian, to promote the Lane and its independent traders.

John had the idea to enter Pitshanger Lane into the Great British High Street Awards 2015, run by Department for Communities and Local Government. The entry, detailing the issues faced by the traders in recent years and how they had dealt with them, and endorsed by Ealing North MP, Steve Pound, was submitted by 1 September. This was followed immediately by a social media campaign on Twitter and Facebook, and posters in all the shop windows to promote the traders' entry and engage with the local community.

John was delighted to receive a phone call advising that Pitshanger Lane had been selected as one of three finalists in the London category, and when this was officially announced on 1 October, the campaign went into overdrive as six weeks of public voting, counting for 50% of the overall mark, began. Pitshanger Lane were effectively representing West London, and were pitted against Raynes Park in South London and Roman Road in East London. All of the traders now displayed new posters and distributed thousands of flyers encouraging the community to visit the GBHighSt website and vote daily until 13 November. John visited local tea clubs and arranged email addresses for the older members of the community so they could get involved, and North Ealing Primary took on board John's suggestion and arranged an art competition for pupils to draw the shops on the Lane, which John helped to judge. The Council also threw their weight behind the traders and promoted the campaign via its website and Twitter account and displayed posters.

The other 50% of the mark, decided by the judges, was based on the application and a judges' visit, which took place on Friday 30 October when John escorted the judges along the Lane, meeting the traders and members of the community. The general feeling was that

John Martin with judges, top left, and left at the plaque unveiling – he and his team were a driving force behind Pitshanger Lane winning Best London High Street, which was worthy recognition for the many unique traders who make a living along the stretch of road

the judges seemed impressed with the unique character of the Lane and the community feel, and the traders hoped this, together with the application itself, would sway the judges.

At a ceremony on Monday 30 November at Admiralty House, Pitshanger Lane was named best High Street in London. A very proud John said: 'The traders of Pitshanger Lane are delighted to be named best High Street in London. It is an accolade long overdue after the battles of recent years when our unique and independent character has been threatened. Once again, though, we must thank everyone who has played their part in tweeting, posting and voting daily – we couldn't have done it without them. I am particularly pleased, however, that the judges recognised our campaigning to galvanise the community and further afield as well as our social media efforts – it is testament to the hard work that has gone into this competition.'

Pitshanger Lane and its 50 independent traders have since seen visits from various parts of London by traders and community members enthused by their win and considering an entry themselves. Footfall has definitely increased and the whole competition has produced a very positive result for the traders.

However, it still all seemed a little unreal until earlier this year. On 24 May, John hosted Marcus Jones MP, Minister for High Streets, on a visit to unveil an official plaque to commemorate Pitshanger Lane as winner of the Great British High Street 2015 – London Category. A lot of organisation went into the event, including putting up bunting and specially designed street signs and installing a stand for the plaque – in the centre of the Lane and just outside John's office. The Minister, joined by Steve Pound and the Mayor of Ealing, proclaimed Pitshanger Lane a worthy winner and something very special. Now, as Pitshanger Lane comes to the end of its award winning year, putting Ealing and West London in the spotlight, John says that he really couldn't have put it better himself!

I am particularly pleased the judges recognised our campaigning to galvanise the community

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Linden HOMES

Photographs show typical Linden homes at Froyle Park. Interior may include optional upgrades or extras available at additional cost. *From Bentley station. 3.2 miles from the development. Journey time approximate. Source: National Rail Enquiries and Google Maps. †On selected homes only. Subject to status, terms and conditions apply. Not available in conjunction with any other offer. Prices and details correct at time of going to press.

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Burlington Lane, W4

£3,900,000

Built only eight years ago and with over 4,500 sq.ft this modern nine bedroom detached house is on the door step of Chiswick House. The property has air conditioning throughout, off street parking for multiple cars and a pool. Just 200 metres from Chiswick mainline to Waterloo and Kew Gardens tube station is within three quarters of a mile, energy rating c.

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Argyle Road, W13

£1,875,000

A six bedroom family home with period features recently extended and refurbished to a high standard throughout with four reception rooms and a private garden. This is perfect for families looking to take full advantage of Ealing's excellent transport and schooling, energy rating d.

Dexters Ealing 020 8810 0909

Haven Lane, W5

£1,495,000

This natural three story Victorian home retains many of its original features throughout. The property has five bedrooms, a south facing landscaped garden and off street parking. Haven Lane is situated at the foot of The Broadway with Haven Green on your doorstep, energy rating d.

Dexters Ealing 020 8810 0909

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Dexters

St Marys Grove, W4

£1,250 pw

A five bedroom Victorian house within the Grove Park School catchment area with a double reception room, eat in kitchen and a south facing garden, refurbished with a mix of contemporary and period design, energy rating d.

Dexters Chiswick 020 8995 5439

Eyot Gardens, W6

£995 pw

An exceptionally large five bedroom house perfect for the growing family. With two entertaining areas and well proportioned bedrooms, space will not be an issue once you've unpacked, energy rating d.

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Fletchers

Priory Avenue, W4

£3,700,000

A six bedroom,Grade II listed, Bedford Park home with two bath/shower rooms, a study, two receptions, kitchen/dining room, a 50 ft garden and a roof terrace.

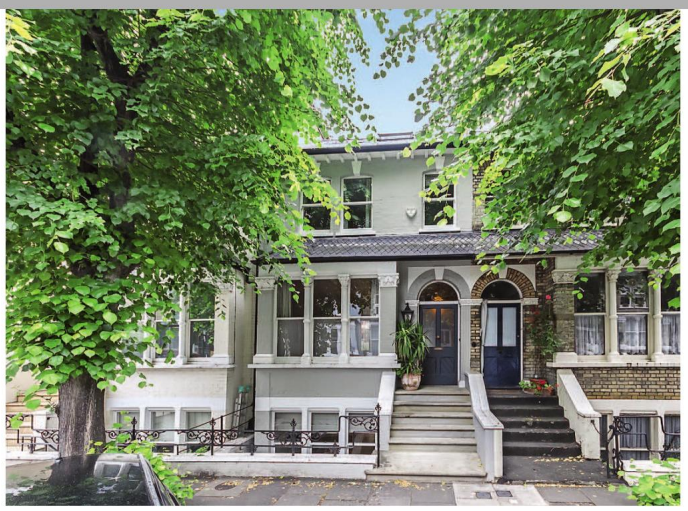
- Grade II Listed
- Six Bedrooms
- Two Bath/Shower Rooms
- 50 Ft. Garden
- Roof Terrace
- Near Underground Station

Fletchers

Woodstock Road, W4 £2,750,000

A five double bedroom, Grade II listed, family house with two bath/shower rooms, a large reception, kitchen/dining room, a downstairs cloak room and a 50 ft. mature garden.

- Bedford Park
- Five Double Bedrooms
- Grade II Listed
- Large Reception
- Loft Space
- 50 Ft. Garden



Linden Gardens, W4 £1,595,000

A four bedroom Edwardian home with two bathrooms, a large through reception, an open plan kitchen/dining room, a utility room, a WC and a garden, energy rating e.

- Edwardian Home
- Four Bedrooms
- Utility Room
- Large Reception
- Garden
- Near Tube Stations

Rusthall Avenue, W4 £1,550,000

A four double bedroom, Victorian, family home with two bath/shower rooms, a large through reception, a fully extended kitchen/dining room and a west facing garden, energy rating d.

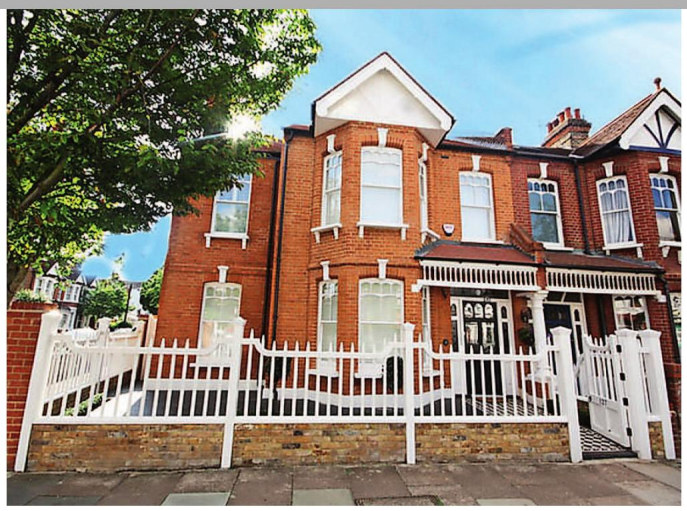
Victorian Home
Four Double Bedrooms
Two Bath/Shower Rooms
Large Reception
West Facing Garden
Located in Bedford Park Area

Graham Road, W4 £1,100,000

A semi detached, family home with four double bedrooms, a spacious reception room, an open-plan kitchen/dining room and a private south facing garden, energy rating e.

- Semi Detached
- Four Double Bedrooms
- Spacious Reception
- South Facing Garden
- Two Bath/Shower Rooms
- Near Tube Stations

Fletchers



Rusthall Avenue, W4 £1,595pw

A completely refurbished, semi detached, five bedroom family home with four reception rooms, three bath/shower rooms, a kitchen/dining area, a garden and off-street parking, energy rating e.

- Semi Detached
- Five Bedrooms
- Four Reception Rooms
- Three Bath/Shower Rooms
- Off Street Parking
- Near Tube Station

Dale Street, W4 £1,150pw

A recently refurbished, five bedroom family home with an open plan reception/dining area, kitchen, extended rear reception and a garden, energy rating d.

- Five Bedrooms
- South West Facing Garden
- Wooden Floors Throughout
- Underfloor heating
- Integrated speakers
- Open plan living

Cranbrook Road, W4 £925pw

A five double bedroom, Victorian, end of terrace home with two bath/shower rooms, a through reception, kitchen/dining room and to the rear is a 20' decked garden, energy rating e.

- Five bedrooms
- Two bathrooms
- Downstairs WC
- Double reception room
- Eat in kitchen
- Private garden

Alexandra Road, W4 £895pw

A four bedroom family home with two reception rooms, three bath/shower rooms and a decked garden. Located 0.6 miles from Turnham Green tube station, energy rating e.

- Four Bedrooms
- Three Bathrooms
- Decked Garden
- Wood Floors
- Victorian Mid-Terrace
- Feature Fireplace

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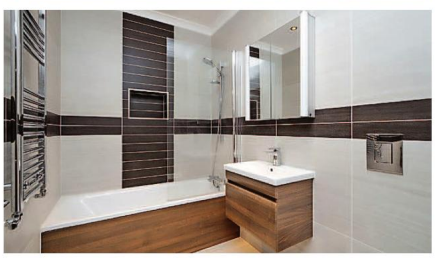
An executive three/four bedroom apartment in a gated private estate, the old De Beers Headquarters in Sunningdale, Ascot, set in acres of mature manicured gardens.

- EPC: Band B
- Leasehold
- Price on application (STC)



UXBRIDGE ROAD, SHEPHERDS BUSH, W12 7JA

Simply a stunning two double bedroom apartment located in the heart of Shepherds Bush close to Shepherds Bush underground station and all local amenities.

- EPC: Band C
- Leasehold
- Guide Price £479,950 (STC)

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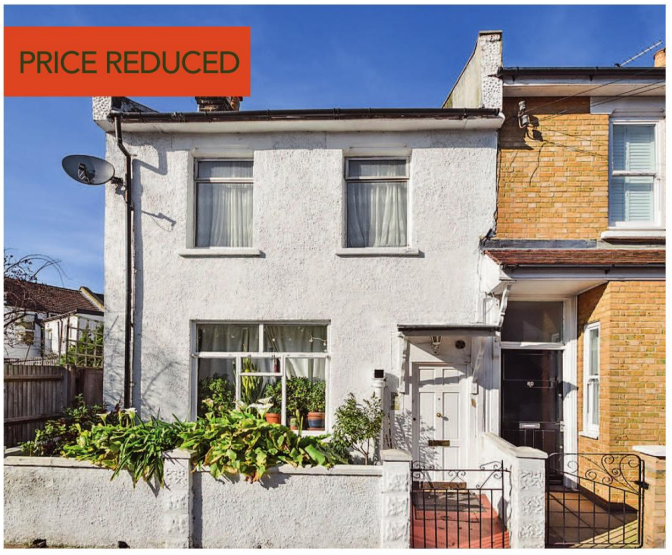
OAKLANDS GROVE, SHEPHERDS BUSH, W12 0JA

Immaculate and light triple aspect three bedroom maisonette
- EPC: Band E
- Freehold
- Guide Price £750,000 (STC)

MAPLE AVENUE, ACTON, W3 7LE

Recently refurbished two double bedroom second floor flat
- EPC: Band C
- Leasehold
- Guide Price £340,000 (STC)



COBBOLD ROAD, SHEPHERDS BUSH, W12 9LW

Three bedroom end of terrace house requiring complete refurbishment
- EPC: Band E
- Freehold
- Guide Price £899,950 (STC)

BROMYARD HOUSE, ACTON, W3 7BY

A well presented two double bedroom apartment with a dedicated parking space
- EPC: Band B
- Leasehold
- Guide Price £499,950 (STC)

VAUXHALL BRIDGE ROAD VICTORIA SW1

One of just two unique double aspect penthouses within this new development in Victoria SW1, The Victoria Penthouse balances elegance and comfort whilst marrying contemporary design and classic architecture.

This penthouse comprises large, floor to ceiling bi-fold windows letting in generous light and offering incredible views of the cosmopolitan city with stylish, state of the art finishes throughout. What sets this penthouse apart is its spacious roof terrace that has breath taking panoramic views of the London skyline.

Open plan living area and kitchen
Master bedroom with dressing room and en suite bathroom
Second bedroom with en suite bathroom
Entrance lobby
Plentiful storage
In excess of 850 sq ft (80 sq m) of outdoor entertaining space
In-house porter
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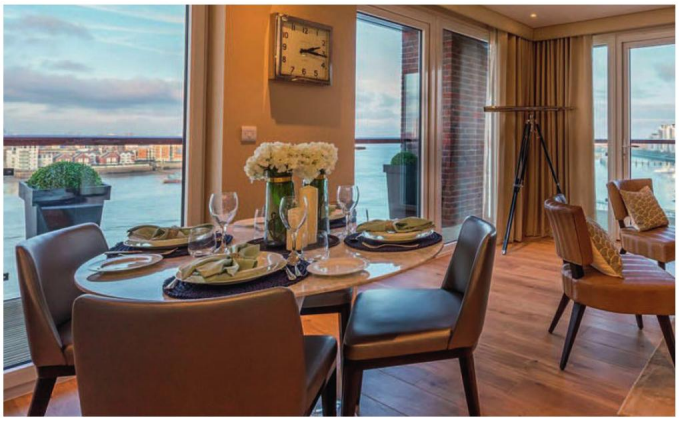

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9. Within easy reach of Windsor, Gerrards Cross, Uxbridge & Slough
10. On the edge of open countryside and close to Black Park Country Park with a charming choice of countryside attractions, walks, pubs and restaurants

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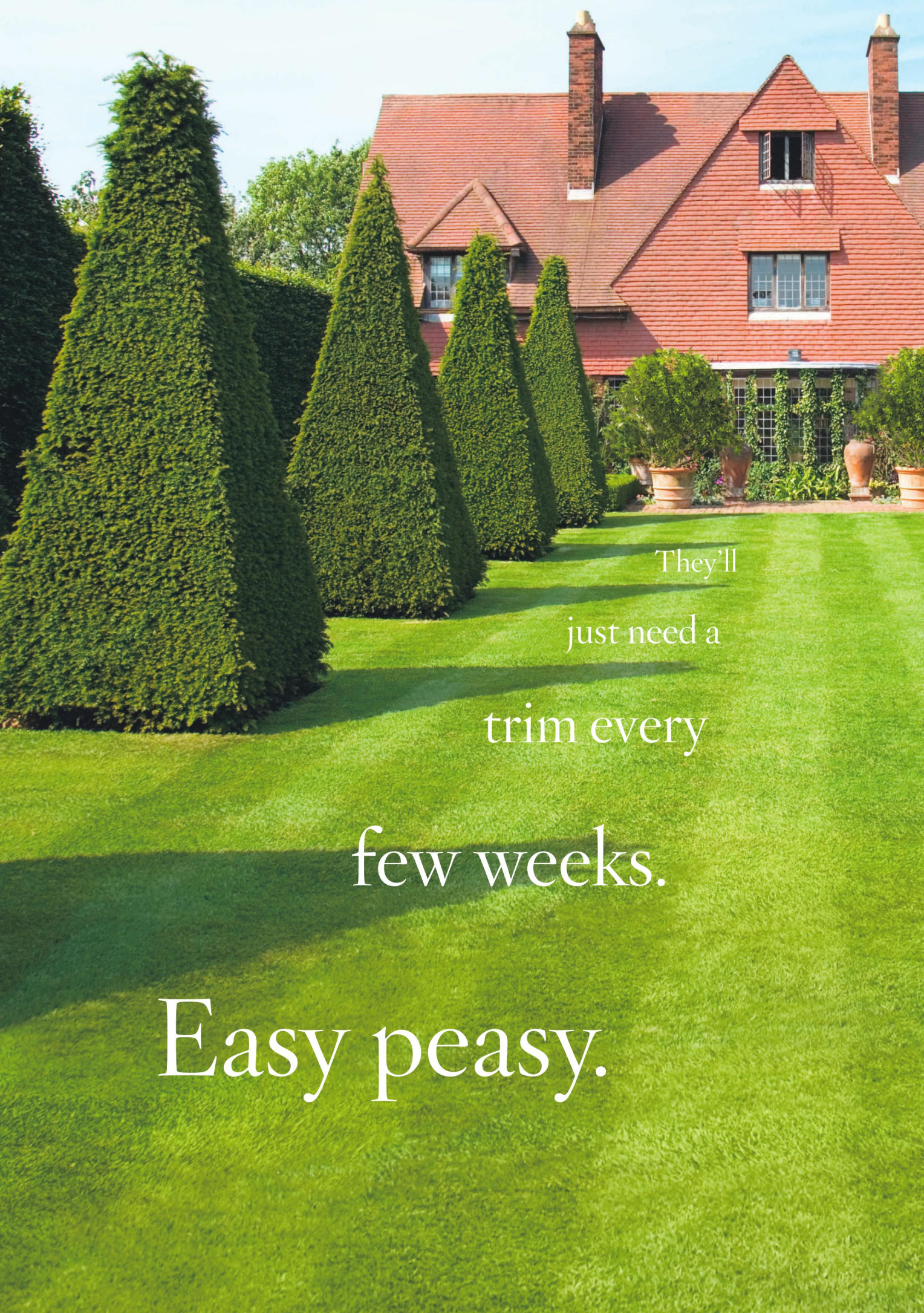
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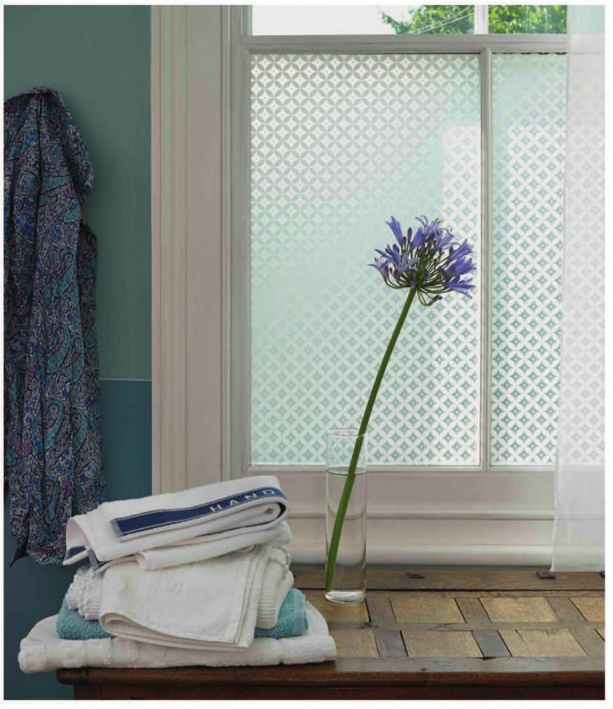

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